



SAFETY TALKS

Donning and Doffing an Air Purifying Respirator

Donning and Doffing an Air Purifying Respirator

A properly fitted air purifying respirator is a critical piece of personal protective equipment (PPE) to reduce the risk of adverse health effects from inhaling contaminants through the nose or mouth. The use of an improperly fitted respirator can lead to increased worker discomfort and increased risk of exposure to toxic inhalants.

What is the Danger?

Unmitigated exposure to toxic inhalants can lead to a variety of acute and chronic health effects/ conditions depending on the type of toxins being inhaled. Health effects will primarily impact a person's eyes, nose, throat, mouth and lungs. Signs of an improperly fitted respirator could include dizziness or lightheadedness following respirator use/ exposure to toxins, coughing, coughing up contaminants, skin irritation, itchy or sore eyes, fatigue and shortness of breath.

When using an air purifying respirator – always follow these steps to ensure the equipment is donned correctly and effective for the user.

Proper Respirator Donning - Doffing

- Inspect respirator before donning for general cleanliness and function (harness, facepiece, valves, lens, cartridges, speaking diaphragm)
- Don respirator
 - Position the respirator in your hands with the nose piece at your fingertips.
 - Cup the respirator in your hand allowing the headbands to hang below your hand.
 - Hold the respirator under your chin with the nosepiece up.
 - The top strap (on single or double strap respirators) goes over and rests at the top back of your head.
 - Secure the ties or elastic bands of the respirator at the middle of the head and neck.
 - Fit the flexible band to your nose bridge.
- Upon donning respirator perform a positive and negative pressure test (below).
- After doffing respirator: clean contact surfaces and return to proper storage.

Negative and Positive pressure tests



“Take Air Out” of mask
Cover cartridges and take deep
Breath in, mask should collapse



“Add Air to” mask
Cover speaking diaphragm
Breathe out, no air should escape mask

