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TOOLBOX MEETING GUIDE



Putting on your respirator

When fitting a new respirator, try on several brands and sizes. Different brands will fit slightly differently on your face. Respirator manufacturers usually have small, medium, and large facepieces available. Adjust the straps so that the respirator fits tightly but does not dig into your face or leave red marks on your skin. The respirator should feel snug but comfortable. Straps should be placed under a hard hat or hood.

Procedure for putting on a filtering facepiece respirator

Position the straps correctly—one above the ears and over the crown of the head, and the other below the ears and around the neck. If the respirator has adjustable straps, you can tighten or loosen them without removing the respirator. If there is a metal nosepiece, mould it around your nose to obtain a proper seal.



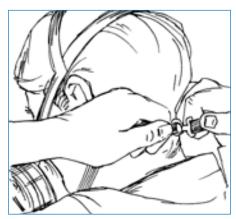
Take the time to form a proper grip over the nose.

Procedure for putting on an elastomeric half-facepiece respirator

The respirator should fit tightly, but it should not be uncomfortable or leave red marks on your face.



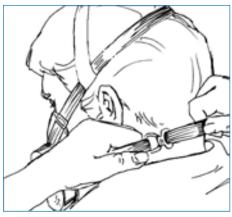
1. Position head harness



3. Fasten buckle



2. Grip straps and tighten



4. Adjust fit

Project:		Address:	
Employer:		Supervisor:	
Date:	Time:	Shift:	
Number in crew:			

Other safety issues or suggestions made by crew members:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
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6.		
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11.		
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14.		
15.		

Manager's remarks:

Manager: _____

_____ Supervisor: _____

(signature)

(signature)



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WorkSafeBC Prevention Information Line: 604 276-3100 or toll-free 1 888 621-SAFE (7233)