



## **Voluntary Use of Respiratory Protection Form**

This information applies to the voluntary use of respirators, particularly N95 respirators, at the University of Arizona. Respirators protect against airborne hazards when properly selected and used. When respirator use is considered required by regulations or by your supervisor or you are voluntarily wearing a reusable respirator, additional requirements apply such as medical clearance and training per the Occupational Health and Safety Administration (OSHA) Respiratory Protection Standard ([29 CFR 1910.134](#)).

Voluntary use of face filtering respirators (e.g., N95s or similar) is permitted at the University of Arizona as long as exposure to substances remains below the OSHA permissible exposure limits (PELs). If you elect to voluntarily use a respirator (e.g., no demonstrated hazard requiring a respirator) your employer is not obliged to purchase respiratory protection for you. If you elect to voluntarily use a respirator, be aware that respirators can create hazards for you dependent upon your own health and if not used correctly. Those with existing respiratory conditions may pose greater harm to themselves by wearing a respirator than not. You can avoid these hazards if you know how to use your respirator properly and how to keep it clean using the steps specified in the [OSHA Respiratory Protection Standard Subpart D](#), included on the next page.

Do not wear your respirator when:

- You are in atmospheres containing hazards that your respirator isn't designed to protect against.
  - For example, a respirator designed to filter dust particles won't protect you against solvent vapor, smoke, or oxygen deficiency.
- You are in situations where your supervisor requires the use of a respirator and it is not voluntary, since additional requirements are required to be met.
- You have not kept track of your own respirator and may use another person's mistakenly.

***By signing this form, I verify that I have read and understand the information provided above, have been given a copy of 29 CFR 1910.134 Appendix D and understand the information within, and will provide a copy of this signed form to my supervisor.***

**Printed Name** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date (MM/DD/YY)** \_\_\_\_\_



**Appendix D to Sec. 1910.134 (Mandatory) Information for Employees Using Respirators When Not Required Under the Standard**

Respirators are an effective method of protection against designated hazards when properly selected and worn. Respirator use is encouraged, even when exposures are below the exposure limit, to provide an additional level of comfort and protection for workers. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker. Sometimes, workers may wear respirators to avoid exposures to hazards, even if the amount of hazardous substance does not exceed the limits set by OSHA standards. If your employer provides respirators for your voluntary use, or if you provide your own respirator, you need to take certain precautions to be sure that the respirator itself does not present a hazard.

You should do the following:

1. Read and heed all instructions provided by the manufacturer on use, maintenance, cleaning and care, and warnings regarding the respirator's limitations.
2. Choose respirators certified for use to protect against the contaminant of concern. NIOSH, the National Institute for Occupational Safety and Health of the U.S. Department of Health and Human Services, certifies respirators. A label or statement of certification should appear on the respirator or respirator packaging. It will tell you what the respirator is designed for and how much it will protect you.
3. Do not wear your respirator into atmospheres containing contaminants for which your respirator is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against gases, vapors, or very small solid particles of fumes or smoke.
4. Keep track of your respirator so that you do not mistakenly use someone else's respirator.