

RESPIRATOR TRAINING PROGRAM

FULL FACE MASK



The sealing rims around the face and the mouth and nose are designed to prevent air from leaking into the respirator. It is important to keep the rims clean and intact at all times.

The valves (also called membranes) ensure that the air is inhaled through the filter, and that no outside air leaks into the mask as you breathe.

WHERE CAN A FULL FACE MASK BE USED?

Provided you are using the correct filter, combination filter, or supplied air attachment, a full face mask can be used for:

- Nuisance dust
- Harmful dust
- Gas and vapour
- Viruses and bacteria
- Mould and fibre

Full face masks should NOT be used in:

- Oxygen-deficient areas
- IDLH (immediately dangerous to life and health) atmospheres
- Areas where the pollutant is unknown
- Oxygen-rich air

How to fit a full face respirator:

- Fit the filter or compressed air attachment
- Loosen the straps of the head harness
- Lift the head harness upwards
- Place your chin in the chin cup, then cup the full face mask over your face
- Pull the head harness over the back of your head, all the way down to your neck
- Tighten the straps in left-right pairs starting with the bottom pair of straps
- Adjust the straps, so that the mask fits firmly but not uncomfortably on your face

WHAT IS A FULL FACE MASK?

A full face mask is really two masks: an inner mask that fits over your nose and mouth, and an outer mask that covers the rest of your face and your eyes. The inner mask makes sure that only clean air reaches your lungs. The outer mask features a clear visor that lets you see your surroundings without getting your eyes and skin in contact with the atmosphere. Therefore, a full face mask provides breathing protection and face/eye protection at the same time.

HOW DOES IT WORK?

The full face mask body is made of soft elastomer material. It has a fitting for attaching filters or a supplied air connection. It also comprises an inhalation valve, one or two exhalation valves, and a head harness for holding the respirator securely against the face.

HOW TO REMOVE A FULL FACE RESPIRATOR:

- Loosen the four lower straps
- Grasp the neck piece of the head harness and pull it up over your head

HOW TO CHECK FOR LEAKAGE:

- Fit a leakage testing disc or a plastic bag over the
- Filter and secure it with the pre- filter holder.
- Fit the respirator properly on your face.
- Breathe in and hold your breath.
- The mask should collapse against your face and stay
- in that position until your breathe out again.
- If the mask returns quickly to its normal shape, there may be a leakage problem. If so, repeat the leakage test. Should you still have a problem, see your supervisor.

HOW TO FIT A FILTER/CARTRIDGE:

- Make sure the filter/cartridge is turned the correct way (arrow pointing towards the respirator).
- If using threaded filters/cartridges, simply screw the filter/cartridge into the threaded fitting
- If using a filter adapter, place the filter/cartridge inside the rubber fitting ring of the adapter. Ensure that the flange of the filter/cartridge fits into the groove inside the rubber fitting. Run your finger between the filter/cartridge and the rubber rim until the filter flange is completely covered.
- If using threaded filters/cartridges, simply unscrew the filter/cartridge
- If using an adapter, remove the filter/cartridge by peeling back the rubber rim until the filter is free.

MASK MAINTENANCE

Only a CLEAN respirator can provide effective protection for your health. The mask should be cleaned and checked after each use - a simple procedure that takes only a minute.

Cleaning may be done with warm soapy water and a soft cloth, or by using Sundstrom's special sterilised hygienic cleaning tissues that keep your mask soft and flexible.

- Remove the filter/cartridge.
- Clean the outside of the respirator, checking for cracks and other damage.
- Pay special attention to the filter rim when cleaning.
- Wipe the inside of the mask.
- Clean the face sealing rim thoroughly.
- Clean any 'nooks and crannies' inside the mask.
- Remove the protective caps from the exhaust valves. Pull out the valves and wipe clean. Wipe the valve seats before refitting the valves and replacing the



- protective caps.
- Pull out the inhalation valve. Clean the valve and the valve seat. Replace. Make sure ALL valves are properly fitted.
- Put the respirator to your face and draw a few deep breaths to make sure that the valves are in good working order.



ONE USER—ONE MASK

Your mask is a personal item. Do not share masks with others, and always store your own respirator in a place where it can't be mixed up with other masks.

The best way to keep track of your own mask is to use masks fitted with bar-coded ID-tags. The ID-tag makes sure that your mask won't be mistaken for someone else's.

BEFORE FITTING THE RESPIRATOR:

- Make sure your face is clean shaven and washed.
- Check the mask for cracks and other defects.
- Ensure that the mask is clean and dry.
- Check that the filter/cartridge is properly fitted.
- Make sure that you are using the correct filter/cartridge.
- Perform a leakage test.

IF YOU HAVE PROBLEMS...

Let your supervisor know IMMEDIATELY if:

- you experience any problems breathing through your respirator.
- you have troubles wearing the respirator together with other safety gear (hardhat, ear muffs etc.)
- you notice any damage to the mask.
- the leakage test doesn't work.
- you are unsure of use or maintenance of the respirator.

Always make sure that you know how to use your respirator and how to check that it is working. Remember why you are wearing respiratory protection: not just to comply with safety regulations... but to maintain a healthy body and a healthy life, both for you and your family and friends. After all, there IS life after work!

There is
LIFE
after
WORK!



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