













M	ledical	Evalua	tion
Medical Out	estionnaire 8	k Exams shall	be:
 Confidentia 	ally during wor	k hours	
 At a conve 	nient time and	l place	
Table H-1.—Sug	gested frequency of m	edical fitness determina	tions
Table H-1.—Sugg Type of	gested frequency of m	edical fitness determina Worker age (yr)	ations
Table H-1.—Sug Type of working conditions	gested frequency of m 	edical fitness determina Worker age (yr) 35 to 45	×45
Table H-1.—Sug Type of working conditions Most work conditions requiring respirators	<35 Every 5 yr	edical fitness determina Worker age (yr) 35 to 45 Every 2 yr	>45 1-2 yr













Universal Limitations for APR/PAPR

- Concentrations are Unknown
- Contaminant Concentrations > IDLH
- Atmosphere contains <19.5% Oxygen</p>
- Limited by available sorbent materials
- Gas/Vapor Contaminant has Poor Warning (odor/ irritation) Properties*
 *Unless Provided with Service Life Calculations (1998)



Immediately Leave the Area & Remove the Respirator If

- 1) Breathing becomes difficult
- 2) Dizziness or other distress occurs
- 3) Wearer senses Irritation, Odors or Tastes the Contaminants
- 4) Air-Purifying Element Is Equipped With an End-of-Service-Life Indicator Which Has Changed Color to Indicate Expiration
- 5) Respirator becomes physically damaged





R	lespi	Manufae rator Sel	ctu ect	rers ion (Guide
NOTE: See important was exposure limits, please s	arnings, definitions, see your local regula	and explanation of column headings a tory authority. In the US, please see ht	nd abbreviati tps://www.c	ons starting on page sha.gov/annotated	1. For occupational pels.
Contaminant	CAS#	Synonym	Skin?	Respirator	Comments
Acetone cyanohydrin	75-86-5	2-Cyano-2-propanol, 2- Hydroxy-2-methyl propanenitrile, 2- Methyllactonile, 2-Propane cyanohydrin, a-Hydroxy isobutyronitrile	Y	ov	
Acetonitrile	75-05-8	Cyanomethane, Ethane nitrile, Ethyl nitrile, Methanecarbonitrile, Methyl cyanide	Y	ov	3M Organic Vapo Monitors
Acetophenone	98-86-2	1-Phenylethanone, Acetyl benzene, Benzoyl methide, Methyl phenyl ketone		ov	See comment E in Introduction. 3M Organic Vapor Monitors.
Acetylsalicylic acid	50-78-2	Aspirin		N95	
Acrolein	107-02-8	Acrylaldehyde, Acrylic aldehyde, Allylaldehyde, Propenal	Y	(F)OV	Short service life
https	://multimedia guide.pdf?	3M Respirator Selectio .3m.com/mws/media/6391 fn=Respirator%20Selection	n Guide 100/3m-r 1%20Guid	espirator-sele de%20Final	ction-

Manufacturers						
Chemical Name CAS #	Respirat	IDLH (ppm)		Odor Threshold (ppm)	Respirator (to 10x OEL)	Suide comments
Cyanides (as CN)		50 mg/m ³	TWA=5 mg/m ^s (OSHA) -skin-		SA	
Cyanogen 460-19-5	Dicyan, Oxalonitrile	66000	TWA=10	231	MG	
Cyanogen chloride 506-77-4	CNCI		C=0.3	0.976	(F)SA	Short OV service life
Cyclohexane 110-82-7	Hexahydrobenzene, Hexamethylene	10000	TWA=100	83.8	(F)OV	Irritation also provides warning. 3M 3510 Monitor
Cyclohexanol 108-93-0	Anol, Cyclohexyl alcohol, Hexahydrophenol, Hexalin, Hydralin, Hydroxycyclohexane	3500	TWA=50 -skin-	0.068	OV	See comment E, page 9 3M 3510 Monitor.
Cyclohexanone 108-94-1	Cyclohexyl ketone, Pimelic ketone	5000	TWA=20 STEL=50 -skin-	0.019	ov	3M 3510 Monitor
Cyclohexene 110-83-8	Benzene tetrahydride	10000	TWA=300	0.363	OV	3M 3510 Monitor
	3M R	espirato OLDER	r Selection G VERSIONS	Guide		







Respi	rator Type	CSA 294.4-02	NIOSH 2004 Selecton Logic	OSHA Nov. 2006 29 CFR 1910.134	CSA 294.4-11 (Proposed Draft)
Air Purifying	Half Facepiece	10	10	10	10
	Full Facepiece	100 (QLFT - 10)	101 / 502	50	50 (QLFT 10)
Powered Air	Loose-fitting facepiece	25	25	25	25
Purifying	Half facepiece	50	50	50	50
	Full facepiece	1000	50	1000	1000
	Helmet or hood	1000	25	25 / 1000 ³	25 / 1000 ³
Air Line	Loose fitting facepiece	25	25	25	25
Continuous Flow	Half facepiece	50	50	50	50
Supplied Air	Full facepiece	1000	50	1000	1000
	Helmet or hood	1000	25	25 / 1000 ³	25 / 1000 ³
Air Line	Half facepiece	50	1000	50	50
Pressure Demand	Full facepiece	1000	2000	1000	1000
	SCBA Full facepiece		10000	10000	100004
	SCBA tight fitting hood			10000	100004









616-649-8005























INIINI	mum i	-liter Ei	TICIEN
42 CFR 84		Aerosol Test	
Minimum Efficiency	NaCI Non-oil Aerosols	DOP Includes Oil Aerosols*	DOP Includes Oi Aerosols
95%	N95	R95	P95
99%	N99	R99	P99
99.7%	N100	R100	P100

42





Service Life – Dust Filters

- In reality, Service Life of virtually all filters will be limited by hygiene considerations and increased breathing resistance due to filter loading
- Liquid particles will not cause filter caking, but will almost always be present with dusts or solids that do or will cake the filter





APR Daily Inspection Checklist Proper Respirator Function Tightness of Connections Conditions of Parts: Facepiece, head straps, valves, connecting tube, cartridges, canisters, or filters Check of elastomer parts for pliability and signs of deterioration



- 1.Check facepiece for cracks, tears and dirt. Be certain facepiece, especially face seal area, is not distorted.
- 2.Examine inhalation valves for signs of distortion, cracking or tearing.
- 3.Make sure that head straps are intact and have good elasticity.
- 4.Examine all plastic parts for signs of cracking or fatiguing. Make sure filter gaskets or seal areas are in good condition.
- 5.Remove exhalation valve cover and examine exhalation valve and valve seat for signs of dirt, distortion, cracking or tearing. Replace exhalation valve cover.
- 6.Inspect lens of full facepiece for any damage that may impair respirator performance or vision.



Gas/Vapor Cartridges

- All chemical cartridges consist of a container filled with a *sorbent*.
- A chemical cartridge *sorbent* is a granular porous material that interacts with the gas or vapor molecule to remove it from the air.
- Typically this sorbent is *activated carbon* or activated charcoal. *Activated carbon* is an amorphous form of carbon characterized by high adsorptivity for many gases and vapors.
- The internal surface area of activated carbon averages 10,000 square feet per gram.



Gas/Vapor Cartridges

- The large surface area makes activated carbon ideal for removal of organic vapors by *adsorption*.
- *Adsorption* is the adherence of gas or vapor molecules to the surface of the activated carbon.
- The attractive force between the activated carbon and the chemical molecule is a relatively small, weak physical force. The strength of the attraction depends in part on the chemical.
- Since only weak physical forces are involved, the process can be reversed. This is called *desorption*.

Gas/Vapor Cartridges

- The more volatile the chemical the less strongly adsorbed, or the more likely it will undergo desorption
- Desorption during storage or nonuse times can result in *chemical migration*
- *Migration* is the movement of a previously adsorbed chemical through the chemical cartridge, even without air movement.

Variables That Appear to Impact Migration Include:

Vapor type

- **Volatility** the more volatile the chemicals, the greater the concern for migration;
- Water Vapor Co-adsorption [from use in atmospheres with RH >50%] can increase the migration effect;
- Amount of material adsorbed onto the cartridge in the first use;
- Storage time

Chemical Cartridge Type	Removal Mechanism	Examples of Impregna
Organic Vapors	Adsorption	N.A.
Ammonia/Methylamine	Chemisorption	Nickel chloride, Cobalt salts, copper salts, Acids
Acid Gases	Chemisorption	Carbonate salts, Phosphar salts, Potassium hydroxid copper oxide
Formaldehyde	Chemisorption	Copper oxide + metal sulfates, Salts of sulfamic acids
Mercury Vapor	Chemisorption	Iodine, Sulfur
Hydrogen Fluoride	Chemisorption	Carbonate salts, Phosphat salts, Potassium hydroxid copper oxide



Unless the canister contains a ESLI to show when breakthrough occurs, replace canisters used in atmospheres up to 7.5 ppm (10xPEL) every four (4) hours and industrial-sized canisters used in atmospheres up to 75 ppm (100xPEL) every two (2) hours, or at the end of the work shift, whichever occurs first.

Cartridge Change Schedules

Gases and Vapors

- Use of Warning Properties as the sole basis for determining change schedules is prohibited
 - Where an effective change schedule is implemented, air-purifying gas and vapor respirators may be used for hazardous chemicals, including those with few or no warning properties.



Cartridge Change Schedule

- Is the employer/user specified time period after which the chemical cartridge will be replaced
- Established after consideration of the workplace conditions such as contaminant concentration, relative humidity, temperature, work activities, respirator use pattern (e.g., continuous or intermittent use), presence of other materials, potential for contaminant migration/desorption, health effects of the gas/vapor and quality of warning properties, if any.

The suggested Rule of Thumb:

- If a chemical's boiling point is > 70 °C & its concentration < 200 ppm you can expect a service life of 8 hours at a normal work rate
- Service life is inversely proportional to work rate
- Reducing concentration by a factor of 10 increases service life by a factor of 5.
- Humidity above 85% will reduce service life by 50%
 Service Life of Acid Gas, Ammonia/Methylamine and other chemical

Service Life of Acid Gas, Ammonia/Methylamine and other chemical cartridge's that work by chemisorption, typically increase with increasing RH























Classes of Atmosphere-Supplying Respirators

Continuous Flow

 Provides a continuous flow of breathing air to the respiratory inlet covering

Positive-Pressure Demand

 Admits breathing air to the facepiece when the positive pressure inside the facepiece is reduced by inhalation







- Delivery Pressure Gauge
- Audible Alarm
 - Whistle, Bell or Electronic Alarm





Breathing Air Pressure

- Minimum 7 to 14 psi for Low Pressure Ambient Air Pump Systems
- 25 to 125 psi for High Pressure Plant Compressor or Manifold Air Bottle Supplies.
- Generally no more than three (3) lengths of breathing air hose
- Hose may require leak testing
- No more than 300' length of interconnected air supply hoses

Hose	and Pr	essure R	equiremer	ts for 3M	Compres	sed Air Sy	stems (in	n psi)		
<u>Hose</u> Feet	Length Meters	W-2862 Vortex Cooler	W-2863 Vortemp™ Heater	W-2907 Air Regulating Valve	W-9435 Hose, SA-1007 Air Regulating Valve	W-9435 Hose, W-3194 Connector	W-9435 Hose, W-3062 Valve	W-3020 Hose W-3018 ² Connector	W-3020 Hose SA-1027 Connector	W-3020 Hose W-3195 Connector
25	7.62	60-70	60-70	25-35	16-24	8-15	15-25	4-9	8-16	7-11
50	15.24	60-75	65-75	25-35	17-26	10-19	18-25	5-11	9-16	7-11
100	30.48	65-75	65-80	30-40	18-27	12-21	19-30	6-15	10-17	7-12
200	60.96	80-90	75-85	35-60	21-33	17-31	25-40	NA	NA	NA
300	91.44	85-90	85-90	40-70	25-38	21-36	25-55	NA	NA	NA
Maxin	num cfm	20	20	15	8	8	10	15	8	8













Breathing Air Quality and Use

- Compressed breathing air must meet at least the requirements for Type 1 - Grade D breathing air described in ANSI/CGA G-Neon 7.1-1989
- Compressors must be equipped
 with suitable in-line air-purifying
 sorbent beds/filters that are
 maintained and replaced or
 refurbished per manufacturer's
 instructions

	Component	Symbol	Volume			
st	Nitrogen	N ₂	78.084%			
s	Oxygen	0 ₂	20.947%	00 000%		
-	Argon	Ar	0.934%	35.550 %		
g	Carbon Dioxide	CO ₂	0.033%			
	Neon	Ne	18.2 parts per millio			
	Helium	He	5.2 parts per millio			
	Krypton	Kr	1.1 parts per millio			
	Sulfur dioxide	SO2	1.0 parts per millio			
d	Methane	CH ₄	2.0 parts per million			
_	Hydrogen	H ₂	0.5 parts per million			
y	Nitrous Oxide	N ₂ O	0.5 parts per million			
e	Xenon	Xe	0.09 parts per million			
-	Ozone	03	0.07 parts per million			
or	Nitrogen dioxide	NO2	0.02 parts per million			
s	Iodine	I ₂	0.01 parts	per million		
-	Carbon monoxide	CO	trace			
	Ammonia	NH ₃	trace			

Compressed Gas Association G-7.1-1989					
CGA Grade	Industrial Uses				
А	Industrial compress	ed air			
L	SCBA				
D	OSHA breathing air				
Е	SCUBA				
J	Specialty grade air, analytical applications				
Ν	Medical/USP air	GRADE D AIR			
AIR CO	NSTITUENT	ALLOWABLE CONCENTRATION			
Oxygen	content (v/v)	19.5%-23.5%			
Oil (Con	densed)	<=5 mg/m ³			
Carbon n	nonoxide	<=10 ppm			
Carbon d	lioxide	<=1,000 ppm			
Water co	ntent	See the discussion on water below			
Odor		No pronounced odor			





95

