

Using Disposables Respirators

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**Disposable respirators protect your lungs from dusts, chemical mists and droplets, but they
DO NOT PROTECT you from chemical vapors or gases like formaldehyde.**

Use of disposable respirators is recommended for:

<p>Cleaning barn stalls and aisles.</p> 	<p>Working with or close to hay, silage, or the silage mixer.</p> 	<p>Spreading sawdust or other dusty bedding material.</p> 	<p>A respirator will only protect you if you use it correctly and have a good fit & seal.</p>  <p>A beard will break the seal.</p>
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To put on a disposable respirator:

<p>1</p>  <p>Hold the mask with the metal nose piece touching your fingertips.</p>	<p>2</p>  <p>Hold the respirator up to your nose and mouth.</p>	<p>3</p>  <p>Fasten the upper strap around the crown of your head, above your ears.</p>	<p>4</p>  <p>Fasten the lower strap around the base of your neck, below your ears.</p>	<p>5</p>  <p>Use your fingertips to mold the nose piece to fit the bridge of your nose.</p>
<p>6</p> <p>Do a seal check!</p> <p>With both hands covering your respirator, inhale and exhale. If you feel air escaping near your eyes or chin, adjust the mask again.</p> 	<p>Take off the respirator the same way you put it on.</p> <p>1</p>  <p>2</p>  <p>3</p> 	<p>When you are not using the respirator, store it in a clean and dry place.</p> 	<p>Replace the mask when it is visibly soiled, damaged, or when it is difficult to breathe through.</p>  <p>TRASH</p> 	