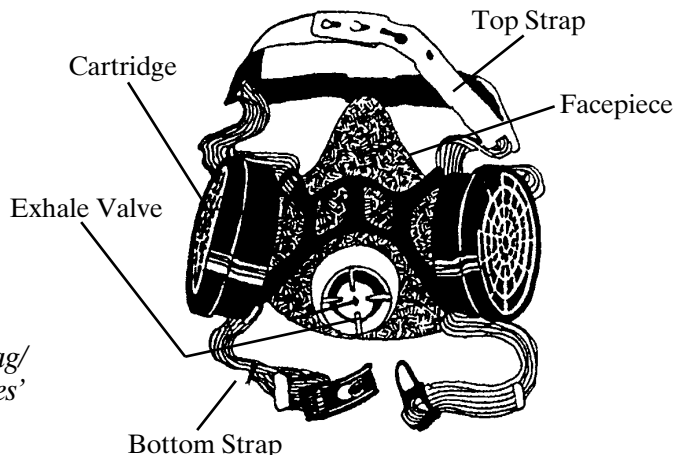


Proper Use of Dual Cartridge Respirators

Editor's note: Our Tailgate Training Tip Sheets are [available in Spanish at www.gemplers.com](http://www.gemplers.com).

KEY POINTS:

- Dual cartridge [respirators](#) will protect you from a variety of different respiratory hazards.
- Be sure to choose the right [cartridges](#) for the contaminant you are protecting yourself against.
- Check your [respirator](#) for the proper fit each time you put it on.



Note to trainer: Follow this script or use it to help guide you through a 10- to 15-minute tailgate training session for your agricultural workers. You may photocopy this sheet for your employees' personal use. However, it may not be published or sold.

Bring enough dual cartridge respirators to the training session for each of your trainees.

What is a dual cartridge [respirator](#)?

- This is an example of a dual cartridge [respirator](#) we use in our operation.
- Some dual cartridge [respirators](#) cover your full face. Others cover just your nose and mouth. Check with your supervisor if you're uncertain which type of [respirator](#) to use for a specific hazard.
- Depending on the [cartridge](#), these [respirators](#) will protect you from breathing in some pesticides, anhydrous ammonia, grain dust, some paint sprays or other contaminants.

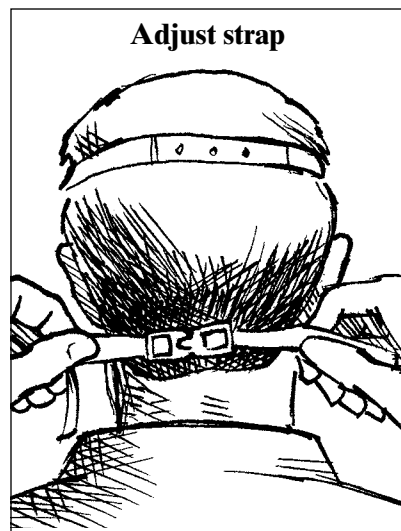
Note to trainer: Include specific examples where dual cartridge [respirators](#) are used in your operation.

- [Cartridges](#) are color-coded. Your supervisor will supply you with the right color [cartridges](#) for your [respirator](#).

How to put on a dual cartridge [respirator](#)

Note to trainer: Have an employee demonstrate these steps for your trainees as you talk.

- Place the [respirator](#) under your chin with the nose piece facing up.
- Pull the top strap up to the top of your head so it rests there.
- Attach the bottom straps behind your neck.
- Adjust the facepiece and straps for a comfortable fit. Tighten the straps by pulling on the ends. Loosen them by pushing on the buckle tab.
- Check the written material that comes with your [respirator](#) for additional fitting instructions.



(Continued on back)

See our [full line of safety supplies](#), including respirators, eye and ear protection, coveralls, first aid and more.

Proper Use of Dual Cartridge Respirators

How to check your respirator for the proper fit

- It's important to check your respirator for leaks each time you put it on. Here's how to do that:

Perform a positive pressure fit check

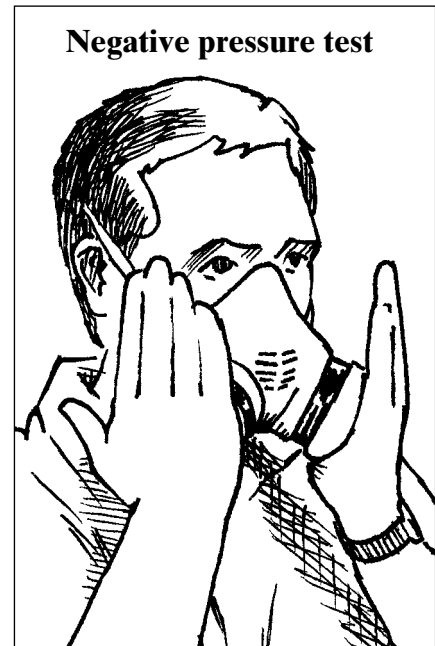
Note to trainer: Have an employee demonstrate the following steps as you explain them.

1. Put on your respirator.
2. Block off the exhalation valve with the palm of your hand.
3. Gently exhale, then hold it for about 10 seconds.
4. Place your hand on the facepiece to see if it is bulging slightly.
5. Smile, then open your mouth. Try other expressions.
6. If you notice a slight bulge and you don't detect any air leaks, you have a proper fit.
7. If the respirator isn't fitting properly, readjust the facepiece and try the test again.



Perform a negative pressure fit check

1. Place the palms of your hands over the cartridge openings.
2. Gently inhale, then hold your breath for five to 10 seconds.
3. You will notice that the facepiece is collapsing slightly.
4. Smile, then open your mouth. Try other expressions.
5. If the facepiece is collapsing slightly and you don't detect any air leaks, you have a proper fit.
6. If the respirator isn't fitting properly, readjust the facepiece and perform the test again.



Warning: Be sure to leave the contaminated area you're in and change cartridges when you detect any tastes, odors or irritation, or your senses indicate any abnormal condition.

Are there any questions?

Note to trainer: Take time to answer trainees' questions.

- Now, each of you can try on a dual cartridge respirator and check it for the proper fit.

*Note to trainer: Help any trainees who are having problems. Then review the **Dual Cartridge Respirator Do's and Don'ts.***

DUAL CARTRIDGE <u>RESPIRATOR</u> DO'S AND DON'TS	
<p>DO:</p> <ul style="list-style-type: none"> • Perform positive and negative pressure checks each time you put on a dual cartridge <u>respirator</u>. • Readjust the facepiece and perform the checks again if you think you have an air leak. • Get a doctor's opinion on using a <u>respirator</u> if you have heart trouble or breathing problems. 	<p>DON'T:</p> <ul style="list-style-type: none"> • Wear a dual cartridge <u>respirator</u> if you have a beard, long sideburns or deep facial scars or deformity. • Neglect to check with your supervisor for the correct <u>cartridges</u>. • Forget to check the manufacturer's information for additional fitting instructions.

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