

Preparatory Instructions for Respiratory Training

In order to wear a respirator, even a filtering facepiece (N95 or dust mask), you must be medically evaluated, trained and fit tested. Prepare for training by following the steps below:

Step 1: Complete a Medical Questionnaire in order to be medically evaluated. There is a fee associated with questionnaire review, which is the responsibility of your department. (Note: a Medical Evaluation is not necessarily a physical examination. Typically, it will consist of having an employee complete a detailed questionnaire. A physician will then review the questionnaire and make a determination based on the answers received. If necessary, they may request further examination):

- ▶ **If you are a Student Employee – Questionnaire and instructions can be found [here](#).**
Medical reviews are conducted by Student Health Services or UConn Health Medical Services in Storrs.
- ▶ **If you are Faculty or Staff – Questionnaire and instructions can be found [here](#).**
Medical reviews are conducted by CorpCare in South Windsor.

Step 2: Obtain a Written Medical Approval for the employee to wear a respirator from the physician.

Step 3: Once you receive written approval for respirator use, [register](#) for Respiratory Protection Training and Fit-Testing with EHS – Training and fit testing are conducted once a month. Register [here](#) for a class. EHS must receive a copy of the medical approval prior to conducting fit testing, so bring a copy to class.

Step 4: On day of training: All men must be clean shaven on the day of the training and fit testing. OSHA considers more than one day's growth of stubble as unacceptable. Small beards and/or moustaches may be permitted if they do not interfere with the facial seal or functioning of valves in the respirator.

- ▶ If attending re-training, **bring respirator to class.**
- ▶ If newly assigned to wear a filtering facepiece respirator, **bring one to class.**
- ▶ If newly assigned to wear a ½ face elastomeric respirator, a sample will be used in class until a size is determined.

Everyone must bring their copy of the medical approval to class. Filtering facepiece respirators require medical evaluations every 3 years, all other respirators require medical evaluations annually. Fit tests cannot be conducted without receipt of current medical approval.

Questions can be directed to:

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