

Employee Training on Respiratory Protection

The U.S. Occupational Safety and Health Administration (OSHA) Respiratory [29 CFR 1910.134](#), specifies requirements for employers assigning respiratory protection to workers in the United States. Those requirements include a site-specific written respiratory protection program, medical evaluations, respirator fit testing, wearer training, and program evaluation – among other requirements. Training of employees who are required to wear respiratory protection must take place at least annually.

Your annual training must include the following topics:

1. Respiratory hazards
2. Uses and limitations (see below)
3. Donning and adjustment (see below)
4. Hands-on practice
5. User seal check (see below)
6. Maintenance and storage (see below)
7. Medical signs and symptoms
8. Training documentation (see below)



This document has an associated video. Click the link below to access the video.

Watch the short educational video below for additional information on fit testing N95 respirators.

[Respiratory Protection in Healthcare: Training Employees on Respiratory Protection](#)

Training Resources

To help support the training efforts of organizations who provide employees with the 3M™ Particulate Respirator 8210, N95, 3M provides the following resources, which address certain elements of the OSHA training requirements listed above:

OSHA Respirator Wearer Training Element	3M Resource
2 – Uses and limitations	Use Limitations for 3M Filtering Facepiece Respirators (video)
3 – Donning and adjustment	Inspection of 3M Filtering Facepiece Respirators (video)
3 – Donning and adjustment 5 - User seal check	Tips for using 3M™ Filtering Facepiece Respirator 8210 (video) If your program includes respirators other than the 8210, see this catalog of video resources related to donning and conducting seal checks on a variety of 3M filtering facepiece respirators.
6 – Maintenance and storage	Storage Requirements for 3M Filtering Facepiece Respirators (video)
8 – Training documentation	The 3M Administrative Respiratory Protection Program Brochure

Respirator Fit Testing Resources

For respirator program administrators who require training on how to conduct fit testing, the following resources are available:

- [3M™ Surgical Respirator Fit Test Instructional Video](#)
- [Respirator Fit Testing Slide Deck](#)

Additional Resources

Organizations that are creating a respiratory protection program, or are introducing a new respirator to their employees, can refer to the following resources for more information about respiratory protection programs:

- U.S. OSHA Respiratory Protection Standard, [29 CFR 1910.134](#)
- The 3M [Center for Respiratory Protection](#)
- [Hospital Respiratory Protection Program Toolkit](#) – joint effort of U.S. OSHA, Centers for Disease Control and Prevention (CDC), and National Institute for Occupational Safety and Health (NIOSH)

If you would like to download any of the videos in this document, please follow these instructions:

1. Right click on the hyperlink text and select “Copy Link Location.”
2. Open your Google Chrome browser. Click this [link](#) if you need to download Google Chrome.
NOTE: You will not be able to download the videos using Microsoft Edge.
3. Paste the link into the search bar in Chrome.
4. Click on the vertical ellipsis (three dots) in the bottom right corner and select download.

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