

# Voluntary Respiratory Protection for Flood Clean Up

- During flood clean up workers may experience exposure to high levels of crystalline minerals, possibly contaminated dust and microbiological air pollutants.
- For clean up workers who wish to protect themselves from these possible air pollutants, a NIOSH approved N-95 particulate filtering facepiece respirator should be used.
- An N-95 respirator is an air filtering device worn over the mouth and nose to reduce, not eliminate, exposure of the respiratory tract to hazardous particulate materials in the ambient air.
- Wearing an N-95 respirator will not protect the wearer from gasses and vapors, oiled particles, arsenic, asbestos, heavy metals such as lead, cadmium, high carbon dioxide or low oxygen environments.
- A good seal must be created between the respirator and the wearer's skin. Beards, mustaches or other facial hair should be shaved before wearing a respirator.
- If a respirator becomes damaged, soiled, or breathing becomes difficult, leave the contaminated area immediately and dispose of the respirator.
- Individuals with reduced respiratory function should not wear a respirator.
- Children under the age of 18 should not wear a respirator.
- How to put an N-95 respirator on:
  1. Cup the respirator in one hand
  2. Place the respirator over the mouth and nose
  3. Stretch the top strap over crown of the head, and place the bottom strap on the neck
  4. Press the nosepiece against the nose with both hands to achieve the best seal



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