

Respiratory Safety Training

OSHA requires the employer to provide effective training to employees who are required to use respirators. The training must be comprehensive, understandable, and recur annually, and more often if necessary. OSHA also requires the employer to provide the basic information on respirators in Appendix D of the respiratory protection standard to employees who wear respirators when not required by the standard or by the employer to do so.



The employer shall ensure that each employee can demonstrate knowledge of at least the following:

Respirator Brand: _____ Model: _____ Size: _____

Respirator Type: _____

Why is the respirator necessary?

How can improper fit, usage, or maintenance compromise the protective effect of the respirator?

What are the limitations and capabilities of the respirator? What is the meaning of the Assigned Protection Factor (APF) for your respirator?

Major Types of Respirators

Air-purifying respirators, which remove contaminants from the air.



Half mask/Dust mask
APF=10
Needs to be fit tested



Half mask (Elastomeric)
APF=10
Needs to be fit tested



Full facepiece (Elastomeric)
APF=50
Needs to be fit tested

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How to use the respirator effectively in emergency situations, including situations in which the respirator malfunctions:

How to inspect, put on and remove, use, and check the seals of the respirator:

What the procedures are for maintenance and storage of the respirator:

How to recognize medical signs and symptoms that may limit or prevent the effective use of respirators; and

The general requirements of this section.

1910.134(d)(1)(i)

The employer shall select and provide an appropriate respirator based on the respiratory hazard(s) to which the worker is exposed and workplace and user factors that affect respirator performance and reliability.

1910.134(d)(1)(ii)

The employer shall select a NIOSH-certified respirator. The respirator shall be used in compliance with the conditions of its certification.

1910.134(d)(1)(iii)

The employer shall identify and evaluate the respiratory hazard(s) in the workplace; this evaluation shall include a reasonable estimate of employee exposures to respiratory hazard(s) and an identification of the contaminant's chemical state and physical form. Where the employer cannot identify or reasonably estimate the employee exposure, the employer shall consider the atmosphere to be IDLH.

1910.134(d)(1)(iv)

The employer shall select respirators from a sufficient number of respirator models and sizes so that the respirator is acceptable to, and correctly fits, the user.

The training shall be conducted in a manner that is understandable to the employee.

The employer shall provide the training prior to requiring the employee to use a respirator in the workplace.

An employer who is able to demonstrate that a new employee has received training within the last 12 months that addresses the elements specified in paragraph (k)(1)(i) through (vii) is not required to repeat such training provided that, as required by paragraph (k)(1), the employee can demonstrate knowledge of those element(s). Previous training not repeated initially by the employer must be provided no later than 12 months from the date of the previous training.

Retraining shall be administered annually, and when the following situations occur:

Changes in the workplace or the type of respirator render previous training obsolete;

Inadequacies in the employee's knowledge or use of the respirator indicate that the employee has not retained the requisite understanding or skill; or

Any other situation arises in which retraining appears necessary to ensure safe respirator use.

The basic advisory information on respirators, as presented in Appendix D of this section, shall be provided by the employer in any written or oral format, to employees who wear respirators when such use is not required by this section or by the employer.

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