

Respiratory Protection Lesson Plan

Course Length: 2 Hours

Course Description:

This course is taught in accordance with the Occupational Health and Safety Administration Code of Federal Standards; 29 CFR 1910.134 Subpart I. Respirators protect workers against insufficient oxygen environments, harmful dusts, fogs, smokes, mists, gases, vapors, and sprays. These hazards may cause cancer, lung impairment, other diseases, or death. Compliance with the OSHA Respiratory Protection Standard could avert hundreds of deaths and thousands of illnesses annually. Respiratory Protection is addressed in standards specifically for the general, shipyard employment, marine terminals, long shoring, and construction industries. OSHA's revised Respiratory Protection Standard (29 CFR 1910.134 and 29 CFR 1926.103) 1910.134(e)(2) *Medical evaluation procedures are there to protect*, 5 million workers that are required to wear respirators in 1.3 million workplaces throughout the United States.

Step 1: Planning the Lesson

Instructional Materials:

- Power point presentations
- Student Handouts
- Instructional Notes
- Audio-visual equipment
- OSHA Training (E-Tools) web based instructional site
- Various NIOSH approved respirators for student activities

Participant Handouts:

- Handout #1: PPE Fact sheet
- Handout #2: OSHA “We can Help”
- Handout #3: Indoor Air Quality
- Handout #4: OSHA at a Glance
- Handout #5: PPE Fact Sheet
- Handout #6: Assigned Protection Factors (brochure)
- Handout #7: Small Entity for Respiratory Protection (brochure)

Learning Objectives:

- **Participants will:**
- Be familiar with current OSHA standards for respiratory protection
- State the purpose and use of respirators
- Identify and select different types of respirators
- Identify requirements for the use of respiratory protection

Step 2: Presenting the Lesson

Introduction: (5Mins)

- Introduce yourself
- Include name
- Title & Experience / Credentials
- Explain facility emergency action plan procedures
- Discuss classroom rules
- Start the lesson with an “ice breaker” such as an applicable story to capture the participant’s attention, etc.(**Stress Safety Training**)

Class Power Point Presentation: (45 minutes)

1. OSHA introductory video: Slide #2
2. OSHA Standards: Slides #4-5
3. Purpose: Slide #6
4. Hazards: Slide #7
5. Types of respirators: Slides #8-12
6. Selection: Slides #13-15
7. Requirements: Slides #16-18
8. Resources: Slide #19
9. Summary: Slide #20
10. References: Slide #21

Class 10 Minute Break

Classroom Participant Activity: (30 Minutes)

- **Divide class into teams of 2-4 person team for respirator fit testing and maintenance**
- Each team member will don an assigned respirator and will assist team member with use of PPE
- Member will exchange respirators after cleaning and disinfecting has been completed
- Each team will return respirators and equipment to racks and storage location before continuing with class critique and question and answer session

Course Summary: (15 Minutes)

- Define a Physical and Health Hazards of respirators
- How to protect themselves and others
- Proper Usage of Safe respirators
- Other Resources

Participant Critiques: (15 Minutes)

1. Students will complete a course critique

References

- OSHA 29 CFR 1910.134 – Respiratory Protection
- OSHA 3389- Small Entity Compliance Guide for the Respiratory Protection Standard
- OSHA E-Tool

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