Respiratory Protection Program

Employee Training Presentation

Respiratory Protection Basics

- Hand Hygiene
- Respiratory Etiquette
- Patient Screening and Management
- Standard and Transmission-Based Precautions
- Facemasks
- Respirators
- Face Shields

Additional Protective Measures that may be implemented

- Physical Distancing
- Physical Barriers
- Increased Cleaning and Disinfection of high touch surfaces
- Ventilation
- Enhanced Health Screening and Medical Maintenance
- Vaccination
- Additional Training

Signs and Symptoms of COVID-19

❑ COVID-19 symptoms can include:

- Cough
- Fever or chills
- New loss of taste or smell
- Sore throat
- Shortness of breath or difficulty breathing
- Congestion or runny nose
- Fatigue
- Nausea or vomiting
- Muscle or body aches
- Diarrhea
- Headache

❑ If you are sick:

- Notify your employer, stay at home, and isolate yourself from others.
- Contact your local healthcare provider and get tested if you have symptoms of COVID-19.
- Call 911 if you are experiencing trouble breathing, or pain/pressure in the chest.

Risk Factors for Severe Illness

*www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html

- Severe illness means that a person with COVID-19 may need hospitalization, intensive care, a ventilator to help them breathe, or they may even die.

- Risk factors* for severe illness can include:

  - Older adults
  - Pregnant People
  - Cancer
  - Chronic Kidney Disease
  - Dementia or other neurological conditions
  - Diabetes
  - Down Syndrome
  - Heart Conditions
  - HIV Infection
  - Immunocompromised State
  - Chronic Lung Disease (e.g., COPD, ashma, etc.)

  - Overweight and Obesity
  - Pregnancy
  - Sick cell disease
  - Smoking, current or former
  - Solid organ or blood stem cell transplant
  - Stroke or cerebrovascular disease
  - Substance use disorders
 - Liver Disease

When to Seek Medical Care

❑ Seek emergency medical care immediately if you or someone else is having:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

❑ These are not all possible symptoms. Call your medical provider for any other symptoms that are severe or concerning to you.

Employees should self-monitor daily

- **If experiencing symptoms- DO NOT REPORT TO WORK.**
  - Take a home COVID-19 test promptly.
  - Report results to management.
  - Management will provide initial guidance.

Additional COVID-19 Guidance for Employees

- **A. Are you experiencing any of the symptoms for COVID-19?** Please refer to https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html. If so, take a home COVID Test and report this to your manager. If negative and symptoms do not include fever, vomiting and/or diarrhea, employee may work wearing a procedure mask.

  B. Are you or anyone in your household scheduled for COVID-19 testing, and/or awaiting a COVID-19 test result? If not experiencing symptoms, wear a procedure mask, self-monitoring and follow the instructions for **letter C.** If the household member test should be positive, then follow the instructions in **letter D.**

  C. Have you been exposed to any individual who has suspected/confirmed COVID-19 disease or has tested positive for COVID-19 in the past 14 days? If not experiencing symptoms, wear a procedure mask, self-monitoring and take a home COVID test on day 5 after exposure. Masking should continue through day 10 after exposure. If any symptoms present, follow instructions for letter a. promptly.

  D. Have you tested positive for COVID-19 in the past 10 days? Please do not report to work for the first 5 days. You may return when fever free and no episodes of vomiting or diarrhea for 24 hours without medications, wearing a mask through day 10.

COVID-19 TEST
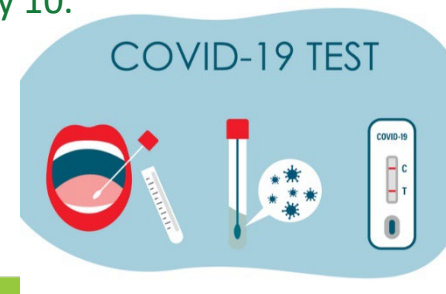
Basic Information for the Safe Use of Respirators

- Respirators can be an effective method of protection against COVID-19 hazards when properly selected and worn. Respirator use is encouraged to provide an additional level of comfort and protection for workers even in circumstances that do not require a respirator to be used. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker.

- You need to take certain precautions to be sure that the respirator itself does not present a hazard. You should do the following:

  (1) Read and follow all instructions provided by the manufacturer on use, maintenance, cleaning and care, and **warnings regarding the respirator's limitations**.

  (2) Keep track of your respirator so that you do not mistakenly use someone else's respirator.

  (3) Do not wear your respirator where other workplace hazards (e.g., chemical exposures) require use of a respirator. In such cases, your employer must provide you with a respirator that is used in accordance with OSHA's Respiratory Protection Standard (1910.134).

Types of Respiratory Protection

Filtering Facepiece Respirators (FFRs):

– Series:
  - N – **N**ot resistant to oil
  - R – somewhat **R**esistant to oil
  - P – strongly resistant (oil **P**roof)

– Filter efficiency:
  - 95% - filter out at least 95% of airborne particles
  - 99% - filter out at least 99% of airborne particles
  - 100% - filter out at least 99.97% of airborne particles

– Examples include ”N95” FFRs and “P99” FFRs

Types of Respiratory Protection (cont'd)

– <u>Elastomeric Respirators:</u>
- Two types:
    - **Half-mask** – offer the same level of protection as FFRs
    - **Full facepiece** – offer a higher level of protection than FFRs
- Equipped with replaceable filters, cartridges, or canisters
    - Filters are good for one year.
    - Replace if visibly soiled and cannot be cleaned.

– <u>Powered air-purifying respirators (PAPRs) or Controlled air-purifying respirators (CAPRs):</u>
- Offer a higher level of protection than FFRs
- Use HEPA filters, which are as efficient as P100 filters

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Fit Testing

- A fit test evaluates the fit of a tight-fitting respirator to an individual's face

- Each employee is responsible for knowing:
  - Fit test date- required annually
  - Selecting the mask that they have been fit tested to wear
  - If not providing direct patient care, fit testing is not required

User Seal Checks

- A user seal check determines whether a tight-fitting respirator has properly sealed to your face once it has been put on

- A user seal check must be conducted <u>each time you put a respirator on</u>

- Two types of user seal checks:

  - **Positive pressure user seal check** - the respirator user <u>exhales</u>

  - **Negative pressure user seal check** - the respirator user <u>inhales</u>

Positive Pressure User Seal Checks

<u>To conduct a positive pressure user seal check for a FFR:</u>

1. Once you have conducted proper hand hygiene and properly donned the respirator, place your hands over the facepiece, covering as much surface area as possible.

2. Exhale gently into the facepiece.

3. The face fit is considered satisfactory if a slight positive pressure is being built up inside the facepiece without any evidence of outward leakage of air at the seal. Examples of evidence that it is leaking could be:

   – The feeling of air movement on your face along the seal of the facepiece
   – Fogging of your glasses
   – A lack of pressure being built up inside the facepiece.

** If the FFR has an exhalation valve, then performing a positive pressure check may not be possible unless the user can cover the exhalation valve. In such cases, a negative pressure check must be performed.

Negative Pressure User Seal Checks

<u>To conduct a negative pressure user seal check:</u>

1. Once you have conducted proper hand hygiene and properly donned the respirator, cover the filter surface with your hands as much as possible and then inhale.

2. The facepiece should collapse on the wearer's face and should not feel air passing between the face and facepiece.

**How to Put On/Remove a FFR
&
How to Conduct a User Seal Check for a FFR**

English: www.youtube.com/watch?v=oU4stQgCtV8

Spanish: www.youtube.com/watch?v=A28xg7Oepxw

Discontinuing the Use of Respirators

- Medical evaluation, to determine if an employee is medically fit to use a respirator, is required under the normal RPP but <u>not</u> under the mini RPP.

- <u>Mini RPP Requirements:</u>

  – Any employee who has previously had a medical evaluation and was determined not to be medically fit to wear a respirator must <u>not</u> be provided with a respirator <u>unless</u> they are re-evaluated and medically cleared to use a respirator.

  – Employees <u>must</u> discontinue respirator use when either the employee or a supervisor reports medical signs or symptoms that are related to ability to use a respirator.
    - Shortness of breath, coughing, wheezing, chest pain, or any other symptoms related to lung problems or cardiovascular symptoms

Cleaning, Maintenance, and Storage

- Disposable respirators may be used per the shift and then disposed of.

- CAPR lens cuffs (shields) may be used per the shift and then disposed of.

- Reusable CAPR parts shall be stored in a designated clean supply area after being wiped down with disinfectant wipes.

- See the key work process below for more info:
  - **Donning/Doffing PPE for COVID**

Reusing Filtering Facepiece Respirators (FFRs)

– The reuse of single-use FFRs is discouraged. Currently One time- One Wear.

– This is ONLY permissible during emergency use when authorized by the organization.

– If reused, a FFR must only be reused by the employee it was provided to

– A FFR can only be reused <u>when advised by Incident Command AND</u>:
   a. The respirator is not visibly soiled or damaged;
   b. The respirator has been stored in a breathable storage container (e.g., paper bag) for at least 5 calendar days between use and has been kept away from water or moisture;
   c. The employee does a visual check in adequate lighting for damage to the respirator's fabric or seal;
   d. The employee successfully completes a user seal check;
   e. The employee uses proper hand hygiene before putting the respirator on and conducting the user seal check; and
   f. The respirator has not been worn more than 5 days total.

Reusing Elastomerics or PAPRs/CAPRs

- Elastomeric respirators and PAPRs/CAPRs are designed to be cleaned & reused.

- Elastomeric respirators and PAPRs/CAPRs can only be reused <u>when</u>:
  a. The respirator is not damaged;
  b. The respirator is cleaned and disinfected as often as necessary to be maintained in a sanitary condition; and
  c. A change schedule is implemented for cartridges, canisters, or filters.

Mini Respiratory Protection Program

29 CFR 1910.504

Overview and history related to COVID-19 ETS (29 CFR 1910.502)

As part of OSHA's commitment to protect workers and deliver stronger worker safety protections, the agency has issued a COVID-19 Healthcare ETS that established new requirements to protect workers from exposure to COVID-19 in all settings, with some exceptions, where any employee provides healthcare or healthcare support services. Even though the Emergency Temporary Standard has expired, the elements remain pertinent to

future pandemic preparedness.

COVID-19 Plan Safety Coordinator(s)

The ETS requires the designation of a COVID-19 Plan Safety Coordinator, who must:

- Implement and maintain the COVID-19 Response Plan

- Monitor the effectiveness of COVID-19 plan

- Be knowledgeable in infection control principles and practices as they apply to the workplace and employee job operations

- Ensure compliance with all aspects of the COVID-19 plan

Name	Title/Facility Location	Contact Information (office location, phone, email address)
Alison Gwynne	Infection Preventionist/Mon Health Medical Center	Quality Department 304-598-1455 Alison.gwynne@vandaliahealth.org
Margaret Wright	Director of Quality/Mon Health Medical Center	Quality Department 304-598-1983 Margaret.wright@vandaliahealth.org
Maxine Cantis	System Risk Manager Environmental Safety/Mon Health	Risk Department 304-285-5174 Maxine.Cantis@vandaliahealth.org
Jennifer Carr	System Employee Health Coordinator/Mon Health	Employee Health 304-285-2207 Jennifer.carr@vandaliahealth.org

COVID-19 ETS (Subpart U)

- **1910.502 – Healthcare**
  - Applies to settings where employees provide healthcare services or healthcare support services
  - Sets requirements for the use of facemasks and respirators during the COVID-19 pandemic

- **1910.504 – Mini Respiratory Protection Program ("mini RPP")**
  - Applies when employees use respirators where only facemasks are required by OSHA
  - In contrast, OSHA's normal Respiratory Protection Standard (1910.134) applies whenever respirators are <u>required</u> by OSHA

Why Is the Mini RPP Necessary?

- Wearing a respirator can in itself present a <u>hazard</u>, such as:
  - Causing difficulty breathing when you have certain underlying medical conditions
  - Causing a facial rash if the respirator has not been properly cleaned or stored

- The Mini RPP is designed to improve worker protections with a streamlined set of requirements for the safe use of respirators that are easier and faster to implement than the more comprehensive respiratory protection program elements required by OSHA's normal Respiratory Protection Standard.

Key Differences Between Mini RPP & Normal RPP

KEY PROGRAM ELEMENT[1]	MINI RPP[2] (1910.504)	NORMAL RPP (1910.134)
Medical Evaluation		✓
Fit Testing		✓
Written Program		✓
User Seal Checks	✓	✓
Training	✓	✓

[1] This is not a comprehensive list of required program elements
[2] These are key requirements pertaining to employer-provided respirators (as opposed to worker-provided respirators)

Fit Testing

- A fit test evaluates the fit of a tight-fitting respirator to an individual's face

- Fit testing is <u>not</u> required under the mini RPP
  - Without a fit test, there is less control over whether employees are receiving the full, expected level of protection that a respirator is capable of providing. Therefore, a user seal check is required each time you put on your respirator.

More Information

www.osha.gov/coronavirus

www.osha.gov/respiratory-protection
(OSHA's respiratory protection safety and health topics page)