

Toolbox Talk # 38

RESPIRATORS



Company Name:

Job Name:

Date:

Key Points

1. **Respirators protect construction workers** from inhaling harmful dust and debris, such as silica, asbestos, and concrete particles.
2. **Wearing a respirator** reduces the risk of long-term respiratory diseases, including silicosis, COPD, and lung cancer.
3. **Proper respirators filter out toxic fumes** from paints, solvents, adhesives, and other hazardous chemicals commonly used on job sites.
4. **OSHA regulations require respirators** in specific hazardous conditions, ensuring a safer work environment and reducing legal risks for employers.
5. **Respirators help prevent exposure** to mold, bacteria, and other airborne contaminants that can develop in damp or poorly ventilated areas.
6. **Wearing a respirator improves air quality** for workers near heavy machinery, protecting them from exhaust fumes and other pollutants.
7. **Construction workers in confined spaces**, such as tunnels or trenches, rely on respirators to maintain safe oxygen levels and avoid inhaling dangerous gases.
8. **Using a respirator helps prevent** acute respiratory distress, reducing immediate symptoms like coughing, dizziness, and shortness of breath.

OSHA found that **6 out of 10**
workers wear respirators
that don't fit properly



Top 5 respirator risks...

1. **Silica Dust Inhalation** – Leads to lung disease, silicosis, and cancer.
2. **Toxic Fume Exposure** – Paints, solvents, and adhesives damage the lungs.
3. **Asbestos Inhalation** – Increases risk of mesothelioma and lung disease.
4. **Mold and Bacteria** – Damp areas expose workers to airborne hazards.
5. **Carbon Monoxide Poisoning** – Equipment fumes can cause serious health issues.



1. Am I working in an area with harmful dust or fumes?
2. Is the respirator properly fitted and sealed?
3. Do I need a respirator for the chemicals I'm exposed to?
4. Have I been trained on how to use and maintain my respirator?

Mask up tight,
breathe just right,
protect your lungs
from airborne plight.

Summary

Respirator usage on construction projects is essential for protecting workers from harmful dust, fumes, and chemicals. Proper use helps prevent respiratory issues, such as silicosis or lung disease. OSHA regulations require respirators in hazardous conditions to ensure worker safety and reduce long-term health risks.



OSHA requires employers to provide respirators to protect workers from hazardous airborne substances on construction sites. Respirators help prevent respiratory diseases by filtering out dust, fumes, and chemicals. Employers must ensure proper use, maintenance, and training for workers wearing respirators.

Key Respirator Regulation

29 CFR 1910.134 – Respiratory Protection Standard

This regulation mandates employers to provide suitable respirators, conduct fit testing, and train workers in their proper use. It ensures respirators effectively protect against harmful airborne contaminants, safeguarding workers' health and compliance with safety standards.



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ATTENDEES

Print Name:	Signature:

Additional Comments: