

## Respirator Skills Assessment

1. When cleaning your respirator what type of soap do you use?
  - A. Mineral spirits
  - B. Acetone
  - C. Mild detergent
  - D. Windex
2. When donning your respirator where should the straps rest?
  - A. High on the back of your head and neck
  - B. Crossed on the back of your head
  - C. Wear only the top strap
  - D. Whichever allow you to breathe easier
3. Before wearing your respirator for the first time, what must you do?
  - A. Clean it from being stored in the truck
  - B. Be medically cleared by a physician
  - C. Install the replacement parts
  - D. Mail in the warranty card
4. A filtering respirator will NOT protect you from which of the following?
  - A. Mist and vapors from paint
  - B. Nuisance dust
  - C. Carbon Monoxide
  - D. Spray foam
5. What are two commonly used compounds for fit testing a respirator?
  - A. Bubble gum and pineapple
  - B. Sweet and bitter
  - C. Sweet and savory
  - D. Bitter and cheesy
6. An N95 filtering face piece can protect you from which of the following?
  - A. Lead
  - B. Asbestos
  - C. Cellulose
  - D. Spray foam
7. A positive and negative user seal check should be performed each time a respirator is worn.  
True  
False
8. A dust mask is adequate protection from solvents and fumes.  
True  
False

9. Filtering respirators should be cleaned on which schedule?
  - A. Daily
  - B. Weekly
  - C. After each use
  - D. Only before storing
  
10. How often must cartridge filters used for installing spray foam be changed?
  - A. Daily
  - B. Every 40 hours
  - C. Every 6 month
  - D. Yearly
  
11. Your supervisor can perform medical clearance testing.  
True  
False
  
12. IN-CAA training center can perform respirator fit testing.  
True  
False
  
13. What should you cover when conducting a negative pressure user seal check?
  - A. The exhalation valve
  - B. The filter
  - C. The neck strap
  - D. Your nose
  
14. Glasses may be worn under a full face respirator.  
True  
False
  
15. Immediately upon completing work, leaving the contaminated area, and doffing your respirator you should do which of the following?
  - A. Place your respirator in the work truck
  - B. Clean your respirator prior to storing
  - C. Place in a plastic bag to keep fresh
  - D. Blow out the filters to prolong life
  
16. According to OSHA how often must you receive respirator training?
  - A. Every month
  - B. Every 6 months
  - C. Every year
  - D. Every 5 years

17. After attending a respirator training you should immediately do which of the following?
- A. Return to work
  - B. Document the training
  - C. Demand purchase of new equipment
  - D. Rely on your supervisor to do it all
18. While working in a crawl space with known hazards present, your respirator strap gets caught on a nail and breaks. Which action should you take?
- A. Finish the task as planned as the crawl space is tight
  - B. Immediately remove yourself from the hazardous area
  - C. Call out to have your helper bring you a new dust mask
  - D. Call you supervisor and inform them of the issue
19. Once outside of the hazardous area, a competent person may repair your respirator with which of the following?
- A. UL 181 approved adhesive tape
  - B. Approved replacement parts
  - C. ANSI Z87 Nylon strapping
  - D. Parts from other brands of respirators
20. Which of the following is the most effective means of protecting yourself with a respirator?
- A. Clean regularly
  - B. Wear it
  - C. Buy lots of filters
  - D. Store under the truck seat