

# Preparatory Instructions for Respiratory Training

**In order to wear a respirator, even a filtering facepiece (N95 or dust mask), you must be medically evaluated, trained and fit tested. Follow the steps below:**

**Step 1 Complete a Medical questionnaire in order to be medically evaluated. There is a fee associated with questionnaire review, which is the responsibility of your department.** (Note: a Medical Evaluation is not necessarily a physical examination. Typically, it will consist of having an employee complete a detailed questionnaire. A physician will then review the questionnaire and make a determination based on the answers received. If necessary, they may request further examination):

**If you are a Student employee – Questionnaire and instructions can be found [here](#).** Medical reviews are conducted by Student Health Services or UConn Health Medical Services in Storrs.

**If you are Faculty or Staff – Questionnaire and instructions can be found [here](#).** Medical reviews are conducted by UConn Health Medical Services in Storrs or CorpCare in South Windsor.

**Step 2 Obtain a Written Approval for the employee to wear a respirator from the physician.**

**Step 3 Once you receive written approval for respirator use, [register](#) for Respiratory Protection Training and Fit-Testing with EHS – Training and fit testing are conducted once a month, register [here](#) for a class. EHS must receive a copy of the medical approval prior to conducting fit testing, so bring a copy to class.**

**Step 4 On day of training:** All men must be clean shaven on the day of the training and fit testing. OSHA considers more than one day's growth of stubble as unacceptable. Small beards and/or moustaches may be permitted if they do not interfere with the facial seal or functioning of valves in the respirator.

If attending re-training, bring respirator to class.

If newly assigned to wear a filtering facepiece respirator, bring one to class.

If newly assigned to wear a ½ face elastomeric respirator, a sample will be used in class until a size is determined.

**Everyone must bring their copy of the medical approval to class.** Filtering facepiece respirators require medical evaluations every 3 years, all other respirators require medical evaluations annually. Fit tests cannot be conducted without receipt of current medical approval.

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