



2823 Hedberg Drive  
 Minnetonka, Minnesota 55305  
 Telephone: (952) 546-8166  
 Fax: (952) 544-8869  
 www.olympiccompanies.com

Date: April 1, 2019		EMAIL THIS SHEET IN TO THE OFFICE AFTER YOUR MEETING!!!	
Project Number#	Job Name:	Person Conducting Meeting:	

**Air Quality**

**Hazard:** When we have an exposure to toxic vapors/irritating dusts produced by Olympic or another contractor, we need to minimize or eliminate the hazard.

**How to minimize or eliminate the hazard:**  
 If we're creating the issue, we may use engineering controls such as sweeping compound, fans and opening windows and doors. If you feel that you need more, we have paper respirators available for you. If the issue is caused by another contractor, your Foreman will make contact with the other trades and request their SDS info &/or air testing results and ask them to vent the hazard outdoors. If this doesn't work, we will explain to the GC that we need to protect our crew members. They will need to make some changes or we'll need to work in another area or go to another project until the issue is resolved.

**Last week's Bonus Question:** Where do we find personal protective equipment P.P.E. (glasses, hearing protection, gloves, etc.) supplies on our jobsite?

**Answer:** Foreman's gangbox or your foreman can call the warehouse for additional P.P.E. supplies.

Inspect your equipment (*scaffold, aerial lifts, ladders, fall protection, electrical cords, etc., etc.*) prior to the start of each work shift.

For **inspection packets or repair tags** call **Dave Sangren @ (612) 644-3136** to have some delivered to your jobsite.

Any questions give Sturg a call (612) 221-8603

PLEASE PRINT YOUR NAME  
 (Foreman review sheet, verify crew members names are legible)


Visit our website: [www.olympiccompanies.com](http://www.olympiccompanies.com)

Comments:

**Record to beat 378 days!!!**  
**As of March 28, 2019 we have worked 14 days without a Lost Time Injury.**  
**We have safely worked 17,828 hours towards our ATV goal of 150,000 hours!**

Toolbox Talks winner for last week: **Tony Pagel @ Urban on First, Jason Sundeen @ Lifetime, Rob Meuwissen @ Mille Lacs & Wayne Sabin @ Dayton's**

This week's Bonus Question: **Do I need to be clean shaved to wear a paper respirator?**

Hint: **See backside of this sheet**

## What is a paper respirator/dust mask?

OSHA considers what we have referred to in the past as a "dust mask" as really a Filtering Face Piece Respirator.

Below are the proper instructions for putting on a filtering face piece respirator.

### Fitting Instructions for 3M Filtering Facepiece Respirators

#### Wearing your filtering facepiece respirator



**1** Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With model 8210, pre-stretch the straps before wearing.



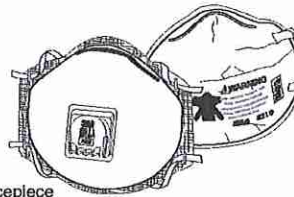
**2** Pull the top strap over your head until it rests on the crown of your head above your ears.



**3** Pull the bottom strap over your head until it rests just below your ears.



**4** Using both hands starting at the top, mold the metal nose clip around your nose to achieve a secure seal. **Note:** Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.



Filtering facepiece non-valved respirator

Filtering facepiece valved respirator

#### Check the seal of your filtering facepiece respirator each time you don the respirator.

**1a** For non-valved respirators Place both hands completely over the respirator and *exhale*. The respirator should bulge slightly. If air leaks between the face and face seal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



**1b** For valved respirators Place both hands over the respirator and *inhale* sharply. The respirator should collapse slightly. If air leaks between the face and face seal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



#### Use Limitations:

1. This respirator does not supply oxygen. Do not use in atmospheres containing less than 19.5% oxygen.
2. Do not use when concentrations of contaminants are immediately dangerous to life and health, are unknown or when concentrations exceed 10 times the permissible exposure limit (PEL) or according to specific OSHA standards or applicable government regulations, whichever is lower.
3. Do not alter, abuse or misuse this respirator.
4. Do not use with beards or other facial hair or other conditions that prevent a good seal between the face and the edge of the respirator.

Additional Safety information is available at [www.safetyontheset.com](http://www.safetyontheset.com) or contact your Production Safety Representative.

**RESPIRATOR PROTECTION USE**  
**(Filtering Face Pieces)**

**Appendix D to Section 1910.134 (Mandatory) Information for Employees Using Respirators When Not Required Under the Standard**

Respirators are an effective method of protection against designated hazards when properly selected and worn. Respirator use is encouraged, even when exposures are below the exposure limit, to provide an additional level of comfort and protection for workers. However, if a respirator is used improperly or not kept clean, the respirator itself can become a hazard to the worker. Sometimes, workers may wear respirators to avoid exposures to hazards, even if the amount of hazardous substances does not exceed the limits set by OSHA standards. If your employer provides respirators for your voluntary use, or if you provide your own respirator, 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 heed all instructions provided by the manufacturer on use, maintenance, cleaning and care, and warnings regarding the respirator's limitations.
2. Choose respirators certified for use to protect against the contaminant of concern. NIOSH, the National Institute for Occupational Health or the U.S. Department of Health and Human Services certifies respirators. A label or statement of certification should appear on the respirator or respirator packaging. It will tell you what the respirator is designed for and how much it will protect you.
3. Do not wear your respirator into atmospheres containing contaminants for which your respirator is not designed to protect against. For example, a respirator designed to filter dust particles will not protect you against gases, vapors, or very small solid particles of fumes or smoke.
4. Respirators must fit properly & be checked for a face piece-to-face seal. Facial hair will interfere with a good seal.
5. Disposable respirators will be properly maintained while not in use & trashed at the end of the shift or when it becomes dirty or loaded (whichever occurs first).

I have read the following and understand all the variables associated with respirator use mentioned on this page. I acknowledge that I am wearing this respirator **VOLUNTARILY** and choose to by my own free will.

**PRINT NAME**

**SIGNATURE**

 , 2019

**DATE**