



Wildfire Smoke & AQI Training

The purpose of this training is to outline the necessary requirements to protect our employees from the harmful effects of wildfire smoke when wild land or adjacent developed areas are burning uncontrollably.

Hazards of Wildfire Smoke

Wildfire smoke contains many harmful chemicals and particulate matter that can have adverse health effects to humans if exposure occurs. These particulates can irritate the lungs, reduce lung function, cause bronchitis, worsen asthma, or even cause heart failure or early death.

Wildfire smoke poses an increased risk of adverse health effects to sensitive groups, which include people with pre-existing health conditions and those who are sensitive to air pollution.

Sensitive Groups

Sensitive groups include people who may be more sensitive than others to the hazardous air pollutants in wildfire smoke and should take precautions to avoid or limit exposure. Those who could have higher sensitivity include pregnant women, children, and adults over 65, as well as people with: lung disease such as asthma or chronic obstructive pulmonary disease (COPD), including bronchitis and emphysema, and those who smoke; respiratory infections, such as pneumonia or bronchitis, or those with or recovering from COVID-19; existing heart or circulatory problems, such as irregular heartbeat, congestive heart failure, coronary artery disease, and those who have had a heart attack or stroke; diabetes; and medical or health conditions that could be aggravated by exposure to wildfire smoke.

Symptoms of Exposure

Irritation and inflammation of the eyes, resulting in burning sensations, redness, and tearing, which may temporarily impair vision; irritation of the respiratory system, resulting in runny nose, sore throat, persistent coughing, difficulty breathing, sinus irritation, wheezing, shortness of breath, and phlegm; fatigue, headache, irregular heartbeat; and chest pain.

Identifying and Notifying about Current and Forecasted AQI levels for PM2.5:

We will use airnow.gov, [Oregon.gov/deq](https://oregon.gov/deq), or fire.airnow.gov to monitor AQI levels throughout the day. Supervisors will notify employees of changes in AQI levels and when they will need to wear a respirator and/or close windows and doors. If employees are concerned about the AQI level, they may check with their supervisor.

3 Action Levels

- **AQI of 101 or higher**
 - Employees *may request* NIOSH-approved respirator for use
 - Cascade Wood Products will provide respirators for optional use. When workers use a tight-fitting respirator, they must receive the “Respirators: Requirements for Voluntary Use” disclosure
- **AQI of 251 or higher**

- Employees **MUST** wear NIOSH-approved respirators
 - Windows, doors and other exterior opening **must be kept closed**, except when it is necessary to open doors to enter or exit.
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- **AQI of 501 or higher**
 - Employees must wear NIOSH-approved respirators- N95
 - Must implement full respiratory protection program

Respirators

While there are many types of respirators available, you will want to use a “filtering” type, which will filter out the hazardous particulates in wildfire smoke.

You will want to ensure your respirator is NIOSH-approved with one of these numbers on it: N95, N99, N100, R95, P95, or P100.

For information about how to properly don/doff a disposable respirator and to check the seal, please see the last page of this training.

Limitations of Respirators

Although wearing a filtering respirator mask is a good way to protect yourself against the harmful health effects of wildfire smoke, there are some limitations to consider. One is that it can make breathing more difficult, especially if you are not used to wearing a respirator. If you already have a heart or lung condition, it’s best to consult with your doctor. Another limitation is that it could increase the chances of heat-related illness if you are physically active and the heat index temperature is high. Lastly, it is important to consider that facial hair styles may prevent the mask from creating a tight seal. Without a tight seal, it cannot filter out the hazardous particulates in the air.

Medical Treatment Provisions

If an employee is feeling any of the symptoms from wildfire smoke exposure, they must notify their supervisor immediately. The supervisor should monitor the worker and determine if medical treatment is necessary. Employees can seek medical treatment without fear of reprisal, using the local urgent care or emergency room, or if necessary, calling 911 for Emergency Medical Services. The employee’s supervisor must assist as needed, including transporting the employee to seek medical attention.

Employee Rights

Employees have the right to report health issues, including those related to wildfire smoke exposure, and receive medical treatment if necessary. Employees who report health issues or obtain medical treatment must be allowed to do so without fear of retaliation. Oregon law 654.062(5) protects employees who notify their employer or compliance agency about any workplace hazards or violations by prohibiting any form of retaliation by their employer.

How to Properly Put on and Take off a Disposable Respirator

WASH YOUR HANDS THOROUGHLY BEFORE PUTTING ON AND TAKING OFF THE RESPIRATOR.

If you have used a respirator before that fit you, use the same make, model and size.

Inspect the respirator for damage. If your respirator appears damaged, DO NOT USE IT. Replace it with a new one.

Do not allow facial hair, hair, jewelry, glasses, clothing, or anything else to prevent proper placement or come between your face and the respirator.

Follow the instructions that come with your respirator.¹

Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not crisscross straps.



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

Checking Your Seal²



Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.



If air leaks around the nose, readjust the nosepiece as described. If air leaks at the mask edges, re-adjust the straps along the sides of your head until a proper seal is achieved.



If you cannot achieve a proper seal due to air leakage, ask for help or try a different size or model.

Removing Your Respirator



DO NOT TOUCH the front of the respirator! It may be contaminated!



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



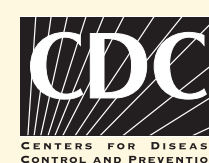
Discard in waste container.
WASH YOUR HANDS!

Employers must comply with the OSHA Respiratory Protection Standard, 29 CFR 1910.134 if respirators are used by employees performing work-related duties.

¹ Manufacturer instructions for many NIOSH approved disposable respirators can be found at www.cdc.gov/niosh/npptl/topics/respirators/disp_part/

² According to the manufacturer's recommendations

For more information call 1-800-CDC-INFO or go to <http://www.cdc.gov/niosh/npptl/topics/respirators/>



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