

Test

Wildfire Smoke Protection & N-95 Respirator Training

Name: _____

Date: _____

Email address: _____

Campus: _____

(Campus, Medical Center, or location)

Identification: _____

(Student or Employee ID)

Instructions: Complete this test and submit to Environmental Health & Safety or training@ucr.edu.

1. Which of the following is a health effect of fine particulate matter inhalation?
 - a. Persistent coughing
 - b. Phlegm
 - c. Difficulty breathing
 - d. Early death
 - e. All the above
2. What should you do if you notice the air quality is worsening, or if you're suffering symptoms due to the air quality?
 - a. Continue working
 - b. Call UCPD
 - c. Notify your supervisor
 - d. Contact the EPA (Environmental Protection Agency)
3. Which contaminants may N-95 respirators protect against?
 - a. Asbestos
 - b. Chemical Vapors
 - c. Fine particulates
 - d. Oxygen deficient atmospheres
4. To properly put on an N-95 respirator, you should: 1. read instructions and wash your hands; 2. place the respirator on your nose, mouth, and chin; 3. place straps against your head; 4. adjust the fit along your nose, and _____.
 - a. Enter the area of concern
 - b. Seal check to test for leaks
 - c. Loosen respirator straps
 - d. Wash your hands
5. What should you do to properly use and maintain your voluntary use respirator? Circle all that apply.
 - a. Check respirator or packaging for a certification statement or label
 - b. Share respirator with coworkers who may need one
 - c. Read and follow the manufacturer's instructions
 - d. Wash and reuse respirators when they become dirty
 - e. Ask your doctor before using a respirator if you have a lung or heart problem