



TRAINING ASSESSMENT

Respirator Safety Training Quiz

20 questions covering the training elements in 29 CFR 1910.134(k). Use it after initial training, at the annual refresher, after program changes, and before a returning employee wears a respirator again.

Employee information

Employee name

Employee ID

Department / site

Date

Trainer / proctor

Quiz version

Instructions

Fill in the circle next to the best answer for each question. There is one correct answer per question. You may not use notes or training materials unless your trainer says so. When you finish, return this sheet to your trainer for scoring.

Scoring

18 to 20 correct (90 to 100%)	Exemplary. Comprehensive understanding.
16 to 17 correct (80 to 89%)	Acceptable. Brief refresher on the missed topics.
Under 16 correct (below 80%)	Requires retraining before respirator use. Retest after training.

The written quiz is one part of training verification. Pair it with a hands-on check: watch the employee put the respirator on, perform a positive and negative pressure seal check, inspect it, and take it off. Record both results on the scoring sheet at the back.

Section 1: Respirator Basics

1. What is the primary purpose of a respirator?

- ☐ A. To make breathing easier during physical work
- ☐ B. To protect against inhaling harmful airborne contaminants
- ☐ C. To keep dust out of your nose
- ☐ D. To comply with company policy

2. Before using a respirator for the first time, you must:

- ☐ A. Complete medical evaluation and fit testing
- ☐ B. Watch a training video
- ☐ C. Sign a waiver
- ☐ D. Practice putting it on at home

3. How often must fit testing be performed?

- ☐ A. Only once, when first issued a respirator
- ☐ B. Every 6 months
- ☐ C. At least annually, and when physical changes affect fit
- ☐ D. Only if the respirator feels loose

4. Which of the following is NOT a type of respirator?

- ☐ A. N95 filtering facepiece
- ☐ B. Half-mask air-purifying respirator
- ☐ C. Powered air-purifying respirator (PAPR)
- ☐ D. Dust mask from the hardware store

5. NIOSH certification means:

- ☐ A. The respirator meets federal performance standards
- ☐ B. The respirator is comfortable to wear
- ☐ C. The respirator is approved for all hazards
- ☐ D. The respirator never needs to be replaced

Section 2: Proper Use and Seal Checks

6. You should perform a user seal check:

- ☐ A. Only when you first receive your respirator
- ☐ B. Once a week
- ☐ C. Every time you put on your respirator
- ☐ D. Only if it feels loose

7. During a positive pressure seal check, you should:

- ☐ A. Breathe in sharply and check for inward leakage
- ☐ B. Cover the exhalation valve and breathe out gently
- ☐ C. Remove the filters and breathe normally
- ☐ D. Shake your head vigorously

8. Facial hair that comes between the sealing surface and the face:

- ☐ A. Is acceptable if you trim it neatly
- ☐ B. May prevent proper respirator seal and is not allowed
- ☐ C. Is fine as long as you pass fit testing
- ☐ D. Only matters for full facepieces, not half masks

9. If you notice damage to your respirator, you should:

- ☐ A. Continue using it until your shift ends
- ☐ B. Try to repair it with tape
- ☐ C. Stop using it immediately and report it to your supervisor
- ☐ D. Just be extra careful when putting it on

10. You can remove your respirator in a contaminated area:

- ☐ A. To take a quick drink of water
- ☐ B. To make a phone call
- ☐ C. To adjust your safety glasses
- ☐ D. None of the above - never remove it in contaminated areas

Section 3: Maintenance and Care

11. Filters and cartridges should be replaced:

- ☐ A. At the end of each shift
- ☐ B. According to a change-out schedule or when breathing becomes difficult
- ☐ C. Only when they look dirty
- ☐ D. Once a year

12. After each use, you should clean your respirator:

- ☐ A. Only if it's visibly dirty
- ☐ B. Once a week
- ☐ C. According to manufacturer instructions, typically after each use
- ☐ D. Never - cleaning damages the respirator

13. Proper storage of respirators includes:

- ☐ A. Hanging them on a hook in your work area
- ☐ B. Keeping them in your locker in a sealed bag
- ☐ C. Storing in a clean, dry location away from contamination and sunlight
- ☐ D. Leaving them in your car

14. You should inspect your respirator before each use for:

- ☐ A. Cracks, tears, or distortion of the facepiece
- ☐ B. Cracked or scratched lenses (full facepiece)
- ☐ C. Inflexible or deteriorated straps
- ☐ D. All of the above

15. Sharing respirators between workers is:

- ☐ A. Acceptable if they are the same size
- ☐ B. OK after cleaning and disinfecting
- ☐ C. Not recommended due to hygiene and fit concerns
- ☐ D. Required to reduce costs

Section 4: Limitations and Hazards

16. Air-purifying respirators do NOT protect against:

- ☐ A. Particulates like dust and mist
- ☐ B. Oxygen-deficient atmospheres
- ☐ C. Certain organic vapors
- ☐ D. Biological aerosols

17. If you experience dizziness, nausea, or difficulty breathing while wearing a respirator:

- ☐ A. Remove it immediately and leave the contaminated area
- ☐ B. Loosen the straps to make it more comfortable
- ☐ C. Try to finish your task quickly
- ☐ D. Adjust the filters

18. The assigned protection factor (APF) tells you:

- ☐ A. How comfortable the respirator is
- ☐ B. The expected level of protection when worn properly
- ☐ C. How long the filters will last
- ☐ D. The cost of replacement parts

19. You must report to your supervisor:

- ☐ A. Any medical symptoms that may affect your ability to use a respirator
- ☐ B. Physical changes like significant weight gain/loss or dental work
- ☐ C. Respiratory protection equipment that doesn't fit properly
- ☐ D. All of the above

20. Training on respiratory protection must be completed:

- ☐ A. Only when you're first hired
- ☐ B. Before using a respirator and at least annually thereafter
- ☐ C. Only if you fail fit testing
- ☐ D. Every five years

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Scoring and documentation sheet

Complete after scoring. File with the employee's training record.

Keep with the employee's training record: name, date, quiz version, score, weaknesses identified, remedial training, retest result, and trainer signature. 1910.134(k) requires training before first use and at least annually; this sheet documents the comprehension check.

Employee name

Date

Trainer

Q	Key	Correct?	Q	Key	Correct?	Q	Key	Correct?	Q	Key	Correct?
1	B	☐	6	C	☐	11	B	☐	16	B	☐
2	A	☐	7	B	☐	12	C	☐	17	A	☐
3	C	☐	8	B	☐	13	C	☐	18	B	☐
4	D	☐	9	C	☐	14	D	☐	19	D	☐
5	A	☐	10	D	☐	15	C	☐	20	B	☐

Score _____ / 20 = _____ %

Result

☐ Exemplary☐ Acceptable☐ Retraining required

Hands-on skills check

Donning in the correct sequence	☐ Pass	☐ Needs practice
Positive pressure seal check	☐ Pass	☐ Needs practice
Negative pressure seal check	☐ Pass	☐ Needs practice
Pre-use inspection (facepiece, straps, valves, cartridges)	☐ Pass	☐ Needs practice
Doffing without contaminating the face	☐ Pass	☐ Needs practice
Cleaning and storage	☐ Pass	☐ Needs practice

Areas of weakness and remedial training provided

Retest date (if under 80%)

Retest score

Trainer signature and credentials

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Answer key and explanations

Do not distribute with the employee quiz.

Section 1: Respirator Basics

1	B. To protect against inhaling harmful airborne contaminants	The primary purpose is protecting against harmful airborne contaminants. While compliance is important, protection is the fundamental reason.
2	A. Complete medical evaluation and fit testing	OSHA requires medical evaluation to determine if you can safely use a respirator, followed by fit testing to ensure proper seal.
3	C. At least annually, and when physical changes affect fit	Fit testing must be performed at least annually. Additional testing is required when physical changes affect fit (weight change, dental work, facial surgery).
4	D. Dust mask from the hardware store	Dust masks from hardware stores are not NIOSH-certified respirators and do not provide reliable protection.
5	A. The respirator meets federal performance standards	NIOSH certification verifies the respirator meets federal performance standards for the specific hazards it's rated to protect against.

Section 2: Proper Use and Seal Checks

6	C. Every time you put on your respirator	User seal checks must be performed every single time you put on your respirator to verify proper seal.
7	B. Cover the exhalation valve and breathe out gently	Positive pressure check: cover exhalation valve, exhale gently, facepiece should bulge slightly with no air leaking.
8	B. May prevent proper respirator seal and is not allowed	Facial hair interferes with seal and is prohibited for tight-fitting respirators. This is a critical safety requirement.
9	C. Stop using it immediately and report it to your supervisor	Damaged respirators cannot provide adequate protection. Stop work immediately and report to supervisor.
10	D. None of the above - never remove it in contaminated areas	Never remove your respirator in contaminated areas for any reason. Leave the area first if you need to remove it.

Section 3: Maintenance and Care

11	B. According to a change-out schedule or when breathing becomes difficult	Filters must be replaced according to established change-out schedule or when breathing resistance increases, whichever comes first.
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12	C. According to manufacturer instructions, typically after each use	Clean after each use according to manufacturer instructions. This prevents contamination buildup and extends equipment life.
13	C. Storing in a clean, dry location away from contamination and sunlight	Proper storage prevents damage and contamination. Avoid sunlight, extreme temperatures, chemicals, and physical crushing.
14	D. All of the above	Comprehensive pre-use inspection is required. Any defects mean the respirator cannot be used.
15	C. Not recommended due to hygiene and fit concerns	Respirators are individual protective equipment. Sharing creates hygiene concerns and fit may vary between users.

Section 4: Limitations and Hazards

16	B. Oxygen-deficient atmospheres	Air-purifying respirators filter ambient air. They cannot add oxygen and will not protect in oxygen-deficient atmospheres (below 19.5%).
17	A. Remove it immediately and leave the contaminated area	These symptoms indicate serious problems. Exit contaminated area immediately and seek medical attention.
18	B. The expected level of protection when worn properly	APF is the expected level of protection (e.g., APF 10 means exposure is reduced by factor of 10).
19	D. All of the above	Communication is essential for maintaining an effective respiratory protection program. Report all relevant changes.
20	B. Before using a respirator and at least annually thereafter	Initial training before first use, then at least annual refresher training. Additional training when equipment or procedures change.

Where employees usually miss

Pattern	Likely cause	Training fix
Seal check questions (6, 7)	Not enough hands-on practice	More demonstration time and supervised practice
Maintenance questions (11 to 15)	No written procedures	Post cleaning and storage SOPs where respirators are kept
Limitation questions (16 to 18)	Concept not connected to the job	Use real scenarios from the site and past incidents
Frequency questions (3, 20)	Schedules not communicated	Publish the annual clearance, fit test, and training calendar

The step before the fit test: employees complete the OSHA medical evaluation questionnaire online with VestMed, a PLHCP reviews it, and the clearance record is stored beside the fit test record. vestmed.com/services/respirator-clearance/ or 844-837-8767.