Test
Wildfire Smoke Protection & N-95 Respirator
Training

Name: ____________________________ Date: ____________________________

Email address: ____________________________ Campus: ____________________________

Identification: ____________________________ (Campus, Medical Center, or location)

(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