



# **SCARBOROUGH FIRE DEPARTMENT**

**275 U. S. ROUTE 1**

**SCARBOROUGH, MAINE 04074**

**TEL: (207) 883-4542**

**FAX: (207) 730-4270**

## **Respiratory Protection Plan**

**Revised/Updated 09/01/2020**

### **Program Administrator**

**Fire Chief B. Michael Thurlow 730-4201**

### **Safety Officer**

**Deputy Chief Rich C. Kindelan 730-4203**

### **Fire Department Medical Director**

**Dr. John Martel MD, PhD, FACEP**

### **Fire Department Occupational Health Provider**

**Concentra Urgent Care**

**85 Western Avenue South Portland, Maine**



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### PURPOSE:

This respiratory protection program is designed to provide a standard operating policy for the Scarborough Fire Department. This policy is designed to insure that all firefighters and EMS providers, engaged in emergency operations, shall be provided personal protection equipment to eliminate respiratory hazards. These hazards include, but are not limited to, by-products of combustion (smoke, heat, toxic gasses, and oxygen deficiency, which present a working environment that is Immediately Dangerous to Life and Health (IDLH), as well as airborne disease particulate. This policy establishes when respiratory protection shall be used and shall meet the intent of the Maine Department of Labor, Bureau of Labor Standards Respiratory Protection Standard, 29 CFR 1910.134 and amendments.

Self Contained Breathing Apparatus (SCBA) shall be the worn in all IDLH atmospheres. Engineering controls, such as ventilation, may be used when the Incident Commander (IC) is able to determine, by metering, that no respiratory hazard exists. Metering must be specific and the IC must be certain that no respiratory hazard exists before respiratory protection can be removed. Ventilation during structural firefighting shall NOT be considered as a substitute for the use of respiratory protection.

N95 respirators shall be worn where indicated and when a airborne disease hazard exists.

### SCOPE AND APPLICATION:

This program shall apply to all employees who may be or are required to wear respiratory protection during firefighting or other emergency operations where an IDLH or other respiratory hazard exists.

The Scarborough Fire Department will be responsible for any required expenses resulting from the employee's participation in the respiratory protection plan.

### DEFINITIONS:

**Buddy System** – Operating in teams of two or more firefighters. *Under this system, no single firefighter shall be assigned a task to perform alone in an IDLH atmosphere.* Members operating under the Buddy System shall maintain voice or visual contact with the other team member(s).

**Fit Testing** – A test conducted on each individual who is expected to wear a respirator as defined by OSHA and only after the individual has been given respiratory clearance by the Fire Department Occupational Health provider. The fit test will be done using the



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facepiece selected for that individual, to insure a proper seal. Fit testing shall meet the QLFT (qualitative fit testing) protocol found in Appendix B of 29CFR1910.134.

**IDLH** - Immediately Dangerous to Life and Health, means an atmosphere that poses an immediate threat to life, would cause irreversible adverse health effects, or would impair an individual's ability to escape from a dangerous atmosphere. This would include structural fire, chimney fire, dumpster fires, hazardous material incidents, vehicle fires, or any other operations, which may pose a respiratory hazard.

**Individual Air Management Program** – A program to develop an individual's awareness of his or her personal air consumption rate while wearing respiratory protection equipment in a work mode.

**Medical Evaluation** – Shall mean the completion of the attached Medical Questionnaire forms found in Appendix C of 29 CFR 1910.134 and reviewed by a Professional Licensed Health care Provider (PLHCP).

**Medical Examination** – Shall mean a physical examination by a PLHCP, selected by the Scarborough Fire Department.

**N95 Mask** – A particulate mask designed to filter 95% of airborne particles. This will include disposable and ENVO type masks.

**Rescue Team** – This team shall consist of at least two (2) firefighters in full protective clothing with SCBA; have portable radios and rescue equipment immediately available. One member shall remain outside the entry point, while the other member(s) may perform limited outside duties, designated by the IC, as long as those duties do not jeopardize the safety of the interior firefighters.

### **RESPONSIBILITIES:**

#### **Fire Chief**

The Fire Chief shall have the overall responsibility for the administration of the Respiratory Protection Program including:

- ◆ Development of the Respiratory Protection Program.
- ◆ Development of policies, rules, and regulations.
- ◆ Developing and implementing a budget to administer the Respiratory Protection Program.
- ◆ Appointment of the Respirator Program Administrator.
- ◆ Determining those individuals required to participate in the program.
- ◆ Assist the program administrator in the respirator protection program.



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### **Program Administrator**

The program administrator is responsible for administering and overseeing the respiratory protection program. The program administrator may delegate certain responsibilities and duties to other company officers. Duties of the program administrator shall include:

- ◆ Identify work areas or operations that require individuals to wear respirators.
- ◆ Select the respiratory protection options.
- ◆ Develop and implement the respiratory protection program.
- ◆ Ensure that all individuals expected to use respirators are given a medical evaluation.
- ◆ Provide a copy of the program and Job Task Analysis to the PLHCP.
- ◆ Ensure that physical exams are conducted if required by the PLHCP.
- ◆ Implement a fit testing schedule for all individuals expected to wear a respirator.
- ◆ Institute a respirator training and retraining program.
- ◆ Ensure proper storage and maintenance of respirators.
- ◆ Develop and maintain all respirator training and respirator records.
- ◆ Evaluate and update the program as needed.
- ◆ Shall ensure that the compressed air maintains Grade D quality and that the air compressor is serviced and tested at least annually.

### **Company Officers**

Company Officers are responsible for ensuring that the respiratory protection program is implemented. In addition to being knowledgeable about the program requirements for their own protection, Company Officers shall ensure that the program is understood and followed by all individuals under their charge. Duties of Company Officers include:

- ◆ Ensure that individuals under their supervision have received appropriate training, fit testing, and medical evaluations according to the established schedule.
- ◆ Ensuring the availability of respirators for all personnel working in an IDLH atmosphere.
- ◆ Enforcing the proper use of SCBA when necessary.
- ◆ Ensuring that SCBAs are properly cleaned, maintained, and stored according to the respiratory protection program.
- ◆ Continually monitoring work areas and operations to identify respiratory hazards.
- ◆ Report to the Program Administrator or Deputy Administrator any individual having difficulty wearing or when using a respirator.
- ◆ Ensure that all Personnel operating in IDLH incidents follow the Department SOG for Fire Scene rehab.



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### **Employees**

- ◆ Each employee shall wear his/her SCBA when and where required and in the manner in which they were trained.
- ◆ Each employee shall care, maintain, and store their SCBA as instructed.
- ◆ Shall inform the Company Officer if the SCBA facepiece no longer fits well and request to be refitted with the proper fitting facepiece.
- ◆ Inform the Company Officer should you have difficulty when wearing or using an SCBA.
- ◆ Inform the Company Officer or Program Administrator of any respiratory hazards that you feel are not adequately addressed in the workplace and any other concerns that you have regarding the program.

### **PROGRAM ELEMENTS:**

#### **Selection of Respirator Procedures:**

##### **SCBA**

The Scarborough Fire Department currently uses Scott BA50 SCBA's with model AV3000 masks. These SCBA's are certified by NIOSH and shall be used in accordance with that certification. Personnel shall be fit tested annually. Should the individual require a different mask than the standard, the Department shall issue to the individual member the proper fitting mask.

##### **N95/ENVO**

The Scarborough Fire Department currently uses both disposable and reusable N95 respirators. Personnel shall be fit tested annually to the type of N95 respirator they will use regularly.

### **HAZARD EVALUATION WHERE SCBA WILL BE REQUIRED:**

#### **Structural Firefighting**

Due to the unknown respiratory hazards posed by structural firefighting, all members of the Scarborough Fire Department engaged in interior structural firefighting shall use SCBAs. The SCBA shall remain in use until overhaul is complete and the fire is determined to be out by the Incident Commander, or the respiratory hazard has been eliminated and deemed safe by the use of air monitoring equipment.

Firefighters who are performing exterior operations at a structural fire may be required to use SCBA, depending on the operation and the potential respiratory hazard as determined by the Incident Commander, Safety Officer, or Company Officer.



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Each and every firefighter using SCBA shall be required to go through Rehabilitation after consuming two air cylinders and prior to reentering any IDLH. Firefighters must complete all aspects of rehab as written in the Rehab SOG. On scene medical personnel have the final approval before a firefighter can re-enter the IDLH atmosphere.

### **Vehicle Fires**

Vehicle fires are known to produce toxic gasses that may be IDLH. Firefighters who are engaged in vehicle firefighting operations shall use SCBA while performing this operation.

### **Dumpster Fires or Trash Container Fires**

These fires (if not classified as a structure fire) when involved in a fire, shall require firefighters to wear SCBA while performing these operations.

### **Hazardous Materials Incidents**

Firefighters who respond to or operate at a hazardous materials incident may be exposed to a variety of known and unknown respiratory hazards. SCBA shall be worn by all personnel operating in the Hot Zone, Warm Zone, and Decontamination Zone as determined by the Incident Commander.

### **Chimney Fires**

Firefighters operating on the roof level at chimney fires shall be required to wear SCBAs.

### **Carbon Monoxide Incidents**

Due to the fact that carbon monoxide presents a potential respiratory hazard, personnel operating at CO Alarms shall wear SCBA until the structure has been declared safe by verification with a 4-Gas Meter.

### **Special Rescue Situations**

Special rescue situations are incidents where the Incident Commander cannot ensure the quality of the atmosphere. In these cases personnel shall be required to wear SCBA. Engineering controls such as ventilation may be used, provided constant monitoring is used to ensure with certainty the quality of the atmosphere in the rescue environment.

### **Other Respiratory Hazards**

Nothing in this policy is intended to restrict the Incident Commander, Safety Officer, or Company Officer from requiring personnel to use SCBA when he/she suspects a potential respiratory hazard.



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### **ASSESSING HAZARDS WHERE N95 RESPIRATORS WILL BE USED:**

#### **Emergency Medical Responses**

N95 respirators will be deployed and used when responding on emergency medical calls where a potential for airborne infectious disease may be present. Factors to be weighed in deciding the need for N95 type respirators are:

- Maine EMS Protocols
- Emergency Medical Dispatch Information
- Center for Disease Control Guidance
- Operating during a known Pandemic

### **UPDATING THE HAZARD ASSESSMENT:**

The Program Administrator shall review and update the hazard assessment annually or as needed.

### **MEDICAL EXAMINATION:**

All new hires shall be required to complete a Medical Evaluation form, Appendix C of 29 CFR 1910.134. New hires must receive a PLHCP certification that they are able to wear an SCBA. Any new hire refusing a Medical Evaluation will not be eligible to work within the Scarborough Fire Department.

### **MEDICAL EVALUATION:**

Personnel who may be subject to or required to wear a respirator of any kind must pass a medical evaluation before being permitted to wear respirator in training or on the job. Personnel are not permitted to wear a respirator until a PLHCP has determined that they are medically able to do so. Any personnel refusing a medical evaluation will not be allowed to work in an area requiring a respirator.

A PLHCP will provide the medical evaluation. Medical evaluation procedures are as follows:

- ◆ The medical evaluation will be conducted using a questionnaire provided by the PLHCP that meets respiratory protection standard.
- ◆ To the extent feasible, the Scarborough Fire Department will assist employees who are unable to read the questionnaire (by providing help in reading the questionnaire). When this is not possible, the employee will be sent directly to the PLHCP for medical evaluation.



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- ◆ All affected employees will be given a copy of the medical questionnaire to fill out. Employees shall return the filled out questionnaire to the Administrative office to be mailed to the Department PLHCP. Employees will be permitted to fill out the questionnaire on employer time.
- ◆ Follow-up medical evaluations will be provided to employees as required by this standard, or as required by the PLHCP.
- ◆ All employees will be granted the opportunity to speak with the physician about their medical evaluation, if they so request.
- ◆ After an employee has received clearance and begun to wear a respirator, additional medical evaluations will be provided under the following circumstances.
  - Annually after age 40.
  - Every two years between the ages of 35 – 39.
  - Every five years up to age 34

**Or:**

- The employee reports signs and/or symptoms related to their ability to use a respirator, such as shortness of breath, dizziness, chest pains, or wheezing.
- The PLHCP or supervisor informs the Program Administrator that the employee needs to be reevaluated.
- Information from the program, including observations made during fit testing and program evaluation, indicates a need for reevaluation.
- A change occurs in the workplace that may result in an increased physiological burden on the employee.

All examinations, evaluations and questionnaires are to remain confidential between the employee and the PLHCP.

### **FIT TESTING:**

Fit testing is required for all employees wearing a respirator. Fit testing will be conducted in accordance with the following schedule:

- ◆ After medical respiratory clearance and prior to being allowed to wear a respirator.
- ◆ Annually
- ◆ When there are changes in the employee's physical condition that could affect respiratory fit (obvious changes in body weight, facial scarring, etc.).





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Employees will be fit tested with the make, model, and size respirator that they will actually use.

The Program Administrator or trained designee will conduct fit tests following the QLFT protocol found in Appendix B of the respiratory protection standard.

### **RESPIRATOR USE:**

Respirator use is required for all employees engaged in the following activities: structural fires, hazardous materials incidents, vehicle fires, dumpster fires, and special rescue situations, emergency medical responses or any incident which may cause exposure to a respiratory hazard.

#### **General Procedures**

Employees will use their respirators under conditions specified by this program, and in accordance with the training they receive on the use of each particular model. In addition, the respirator shall not be used in a manner for which it was not certified by NIOSH or by its manufacturer.

Employees who detect operational problems with, or experience failure of, a respirator shall immediately notify their supervisor, and leave the hazardous environment with their partner.

Employees are not permitted to wear any jewelry, ear protection, eye glasses, or protective hoods in a manner that may interfere with the face to facepiece seal. Facial hair or any other hairstyle shall not interfere with the outer face to facepiece seal. Furthermore, a mustache may not be unkempt to the point it contacts exhalation valves of a nosecup.

Company officers shall be responsible to ensure employees are in compliance with **1910.134(g)(1)(i)(A)**

- The employer shall not permit respirators with tight-fitting facepieces to be worn by employees who have;
  - \*Facial hair that comes between the sealing surface or the facepiece and the face, or that interferes with valve function or, Any condition that interferes with the face-to-facepiece seal or valve function.

#### **Interior Structural Firefighting**

Employees engaged in Interior Structural Firefighting shall:

- ◆ Use SCBA for all fires beyond the Incipient Stage or as directed by the Incident Commander.



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- ◆ Continue to use SCBA until the completion of “Overhaul” or completion of air monitoring.
- ◆ Work in a minimum of pairs and maintain voice and visual contact with members of each team.
- ◆ Be supported by two stand-by members who are available for immediate rescue of interior firefighters, at each point of entry as determined by the Incident Commander. Each stand-by member shall be dressed in full protective clothing and have SCBA immediately available to them. The function of one of the stand-by members shall be accountability of the firefighters inside the structure. The other stand-by member may assume other duties including Incident Commander or Pump Operator provided this individual is able to perform rescue assistance without jeopardizing the safety or health of any firefighter working at the incident.

Nothing herein shall prohibit the Incident Commander from establishing a Rapid Intervention Team (RIT) to replace the two firefighters outside, provided a RIT Team is established for each entry point as determined by the Incident Commander.

In the event that the Incident Commander determines the need to perform Emergency Rescue Activities upon arrival of the entire team, the Incident Commander **must:**

- ◆ Notify dispatch of entry without the two stand-by members.
- ◆ Enter with or without a charged handline, perform the Emergency rescue, and immediately leave the structure.
- ◆ After the incident, document in writing, to the Fire Chief, a detailed explanation regarding the deviation of policy.

**When the Incident Commander cannot ensure the employees ability to escape from the hazardous environment, one employee shall be stationed at the point of entry to maintain accountability and be readily available to perform immediate rescue.**

### **AIR QUALITY:**

SCBA cylinders shall be filled with Grade D compressed air only. The Program Administrator shall ensure that the compressed air maintains Grade D quality and that the air compressor is serviced and tested at least annually.

### **CLEANING:**

SCBA are to be cleaned and disinfected after each use. The cleaning policy to be as follows:

- ◆ Disassemble SCBA, removing cylinder and mask.
- ◆ Wash the facepiece and associated parts in mild detergent with warm water.
- ◆ Disinfect the facepiece and regulator with 70% Isopropyl Alcohol for 10 minutes.



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- ◆ Rinse completely in clean slow running water.
- ◆ Air-dry in a clean area.
- ◆ Reassemble the SCBA, test the function, and replace any defective parts, test function.
- ◆ Place back on apparatus, masks are to be stored in a bag, or within an enclosed cab.

***Field cleaning of SCBA Masks SHALL be done using 70% Isopropyl Alcohol wipes or disinfection wipes. There will be no sharing of SCBA masks in the field without proper field cleaning.***

The Program Administrator will ensure an adequate supply of cleaning and disinfecting material at the fire station, as well as field cleaning material. If supplies are low, employees should notify their supervisor who will in turn notify the Program Administrator.

### **MAINTENANCE:**

Respirators are to be properly maintained at all times in order to ensure that they function properly and adequately protect the employees. Maintenance involves a thorough visual inspection for cleanliness and defects. Worn or deteriorated parts will be replaced prior to use. No components will be replaced or repairs made beyond those recommended by the manufacturer, except by those trained by the manufacturer to do such repairs. Repairs beyond the scope of our trained personnel will be conducted by the manufacturer or their designee.

The following items are to be checked after each use and weekly. The findings of these checks are to be properly recorded in the SCBA Maintenance Log:

- ◆ Facepiece;
  - Cracks, tears, or holes
  - Facepiece distortion
  - Cracked, loose, or damaged lens
- ◆ Headstraps;
  - Breaks or tears
  - Broken buckles
- ◆ Valves/UAC & EBSS
  - Residue or dirt
  - Damage to valve or valve material
  - Rubber covers in place
- ◆ Gauges, regulators & Air Lines
  - Damage to or inaccuracy
  - Leaks
  - HUD operation and battery condition
- ◆ PASS Alarm
  - Operation



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Battery condition

- ◆ Body Harness
  - Tears, rips, fraying or otherwise damaged straps
  - Broken buckles
- ◆ Cylinder
  - Air supply full
  - Hydrostatic test date
  - General cylinder condition

Respirators that are defective or that have defective parts shall be taken out of service immediately. If during an inspection or during use, an employee discovers a respirator with a defect he/she is to bring the defect to the attention of his / her supervisor.

### **STORAGE:**

Storage of SCBA shall be in their designated place on the apparatus. Masks shall be stored in bags, or enclosed apparatus cabs to prevent exposure to dirt or other contaminants.

### **TRAINING:**

Annually, in Scarborough Fire Department, each employee shall attend and successfully complete SCBA/Respiratory Protection training that is based on current NFPA Standards. Training will be both knowledge and hands-on based. Training will include:

- ◆ The need for respirator use, and how improper fit, usage, or maintenance can compromise the protective effectiveness of the SCBA.
- ◆ Limitations and capabilities of SCBA
- ◆ How to effectively use SCBA
- ◆ How to inspect, Don, Duff, use, and perform proper seal checks.
- ◆ Procedures for maintenance field cleaning, and storage.
- ◆ How to recognize medical symptoms that may compromise the safety of the wearer.
- ◆ Individual air management program



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### **INDIVIDUAL AIR MANAGEMENT PROGRAM:**

Individual air management relies on the following strategies:

- ◆ Exit from the IDLH environment before consumption of reserve air begins.
- ◆ Low air alarm is notification that the individual is consuming the reserve air supply.
- ◆ Activation of the low air alarm is an immediate action item for the individual.

The individual air management program will also develop the ability of an individual to manage his or her air consumption as part of a team during a work period by requiring members to rotate positions of heavy work to light work so air consumption is equalized among team members. All members shall understand that factors such as but not limited to, physical fitness, exertion, travel distance to and from the IDLH environment and amount of air being carried will be a factor in the air consumption rate and duration of the air supply.

### **PROGRAM EVALUATION**

The Program Administrator shall annually, and as needed, evaluate the respiratory program to ensure that:

- ◆ Current written programs are being effective and properly implemented.
- ◆ Employees are properly using SCBA and,
- ◆ The program continues to be effective.

### **RECORDKEEPING**

The Program Administrator shall keep and maintain all documentation in the areas of:

- ◆ Medical evaluations (PLHCP recommendation only)
- ◆ Fit Testing
- ◆ Training records

### **EFFECTIVE DATE**

**The effective date of this policy shall be 10/08/02**

**Revision Date: 08/01/2020**



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## Hazard Assessment

PERSONAL PROTECTIVE EQUIPMENT (PPE) REQUIREMENTS																												
Department Evaluated:	Fire Department																											
Evaluator:	Captain George Oliver																											
Job Title:	Safety Officer																											
Date:																												
JOB FUNCTION OPERATIONS	Hazards													Personal Protective Equipment														
	Electrical	Falls	Flying Particles	Foot Injury	Hand Injury	Harmful Dust	Head Injury	Impact	Light (Radiation)	Liquid Chem. Exposure	Noise	Obstructions	Penetration	Rolling/Pinching	Vapor Chem. Exposure	Other	Turn out coats, boots, pants	Rubber FMS type gloves	surgical mask, face shield/gown	Gloves	helmet or hard hat	heating protection	Ladder Protection	SCBA	Seat belts	Safety Glasses	Safety Vest	Other
use of hydraulic tools .....			x	x	x		x	x			x	x	x			x				x	x						x	
use of electrical tools.....	x		x	x	x		x			x		x	x							x		x					x	
Exposure to hazardous atmosphere						x								x	smoke													
interior firefighting.....	x	x	x	x	x	x	x	x			x	x	x	x	smoke	x				x	x						x	
Haz Mat response.....										x				x			x											
rescue swimmer.....															drowning		x											pertinent level suit
ice rescue.....	x						x								drown/hypo													all approved gear
low angle rescue.....	x		x	x		x	x				x	x	x				x											dry suit
exterior firefighting.....	x	x	x	x	x	x	x	x			x	x	x			x												ropes and harness
use of ground ladders.....	x	x	x	x	x	x	x	x			x	x	x			x												SCBA as needed
forceable entry.....	x	x	x	x	x	x	x				x	x	x			x												SCBA or ladder belt?
Aerial work.....	x	x		x	x		x	x					x			x												SCBA as needed
use of air tools.....			x	x	x		x	x					x			x												
performing truck checks.....			x							x							x											additional PPE as need
perform house duties.....	x					x				x					infection exp		x											additional PPE as need
working around roadway.....	x							x								x												vest or turnouts
pump ops.....	x						x									x												SCBA as needed
exposure to blood/airbourne.....															infection exp		x	x										follow protocol
hose testing.....	x		x	x		x	x						x															boots and or bunkerpant
hydrant testing.....	x		x	x		x							x															boots and or bunkerpant
apparatus driving.....															MVA													PPE per SOP
apparatus riding.....															MVA													PPE per SOP

Key for Personal Protective Equipment



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Evaluator	Captain George Oliver																											
Job Title:	Safety Officer																											
Date:																												
JOB FUNCTION OPERATIONS	Hazards													Personal Protective Equipment														
	Rectical Falls	Flying Particles	Foot Injury	Hand Injury	Harmful Dust	Head Injury	Insect	Light (Radiation)	Liquid Chem. Exposure	Noise	Obstructions	Penetration	Rolling/Pitching	Vapor Chem. Exposure	Other	Turn out coats, boots pants	Rubber BLS type gloves	surgical mask/face shield gown	Gloves	helmet or head hat	Heat/line protection	Ladder belt	SCBA	Seat belts	Safety Glasses	Safety Vest	Other	
ventilation operations.....	x	x	x	x	x	x	x				x	x			x				x	x	x							Ladder belt/Scba as need
co/gas investigation.....															x				x	x		x						PPE as needed
Grinding.....	x		x				x				x								x									PPE as needed
Lawn mowing.....			x								x				dust/pollen		x		x							x	x	PPE as needed
chain saw ops.....		x	x	x	x		x	x			x	x							x	x	x							chaps/boots
salvage/overhaul.....	x	x	x	x	x	x	x				x	x	x			x			x	x		x						Scba as needed
grass/woods fires.....	x	x	x	x	x	x	x									x			x	x								
medical calls.....															infectious		x	x								x		PPE per protocols
MVA'S.....	x	x	x	x	x		x	x			x	x	x			x			x	x					x			
marine response.....															drowning													floatation PPE
wires down calls.....	x	x													shock	x			x	x					x	x		
painting.....		x															x								x			
inspections.....		x																							x		x	
hydrant shoveling.....		x													back injury				x						x	x	x	boots

Key for Personal Protective Equipment  
 X = Required P = Required in posted area/operations A = As recommended by applicable MSDS S = See supervisor for recommended type