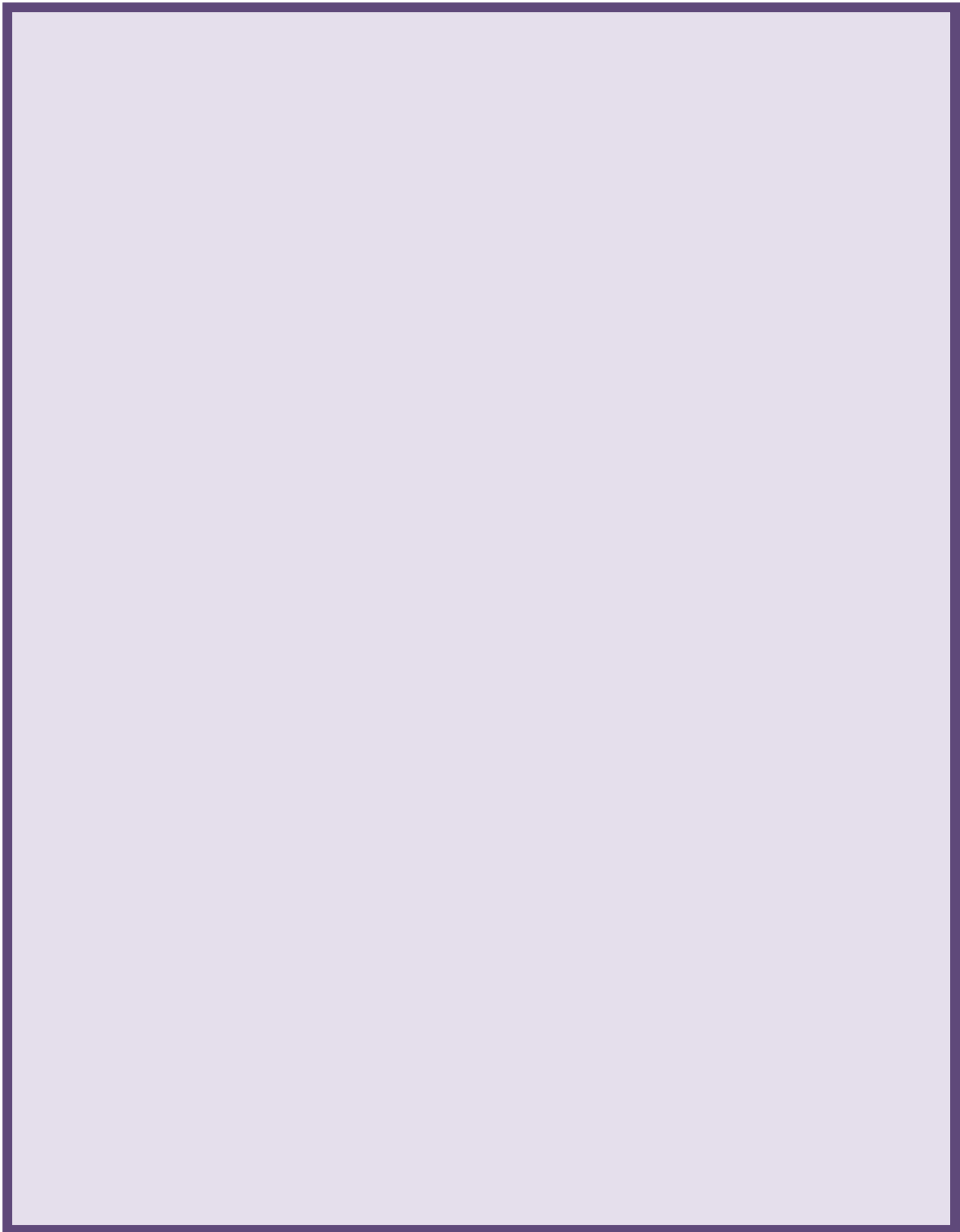


## MYTHS ABOUT SLEEP:

Myth 1: Getting just one hour less sleep per night won't affect your daytime functioning





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Can I wear a respirator if I have a beard? Anything that prevents the face mask from fitting tightly against your face, such as a beard or long sideburns, may cause leakage. If your respirator requires a tight fit, you must trim back your beard so that it will not interfere with the face-facepiece seal. If your respirator is a loose-fitting (hooded) positive pressure respirator (e.g., a powered air-purifying respirator, PAPR) then you may have a beard.

If I have the right cartridges/filters for a certain hazard, and my mask fits, will they always protect me against that hazard?

No. Gas masks and respirators reduce exposure to the hazard, but if the exposure is such that it goes beyond what the filter is capable of handling (either because the amount of toxic gas or particles is more than what the filter is designed to handle, or because the exposure lasts longer than what the filter is designed to handle), the filter may not be effective in providing required protection. Also, there may be a small amount of leakage even if the fit of the respirator has been tested. If so, and if there is a large amount of a toxic chemical in the outside air, even that small leakage can be dangerous.

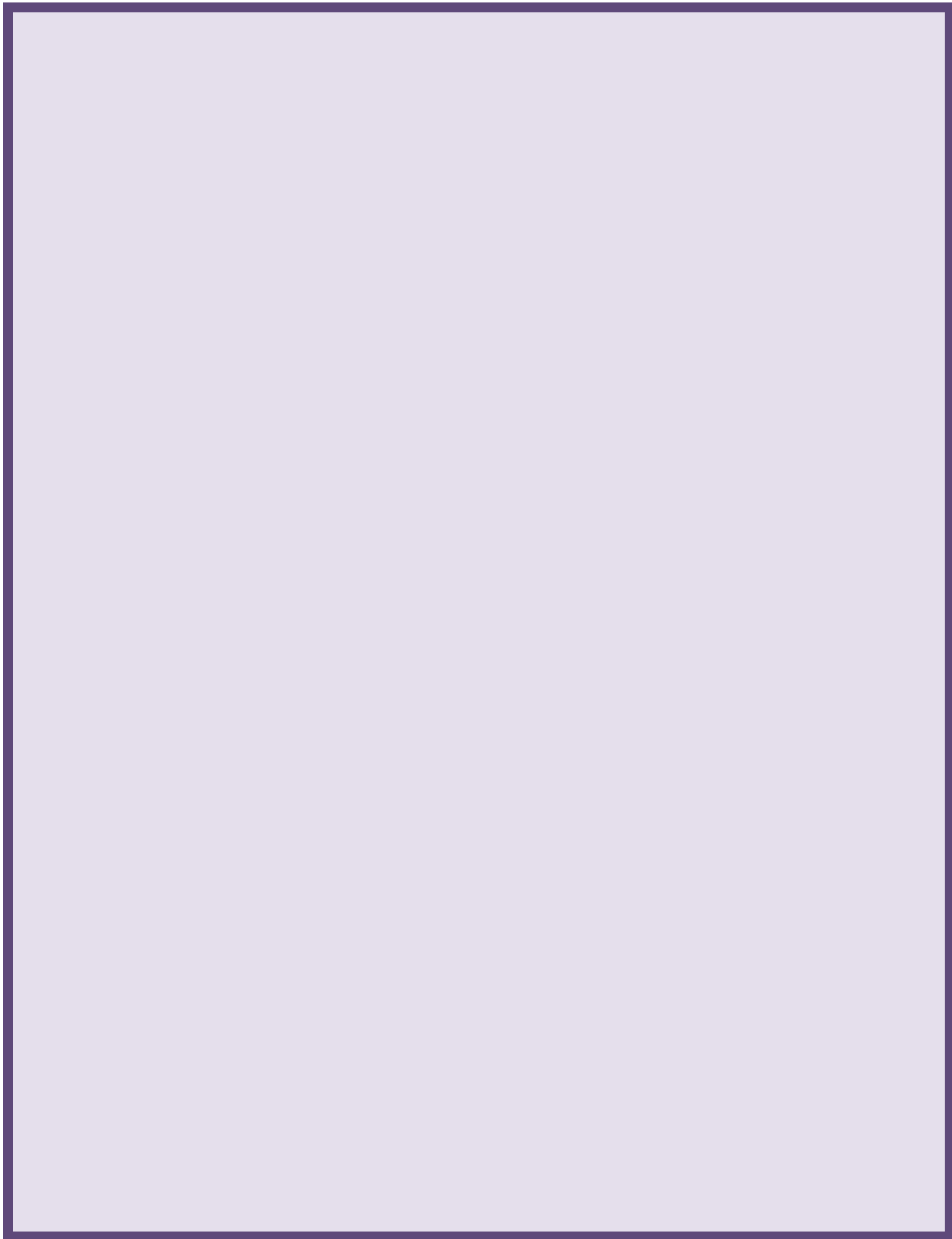
Can anyone wear a respirator?

No. Breathing through a respirator is more difficult than breathing in open air. People with lung diseases, such as asthma or emphysema, elderly people, and others may have trouble breathing. People with claustrophobia may not be able to wear a full facepiece or hooded respirator. People with vision problems may have trouble seeing while wearing a mask or hood (there are special masks for people who need glasses). Employees must be medically evaluated before being assigned to use a respirator.

Will my cartridge/filter and respirator mask protect forever?

No. Cartridges, filters, and masks get old. If the filter cartridges are outdated, have been open to the air or are





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