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of:

Saga Universal Training Corporation

Saga Universal Training Corp. is dedicated to reducing deaths caused by illness and injury. This course follows the established and accepted guidelines, principles, and recommendations of internationally recognized safety organizations.

This training manual is intended to supplement employer training programs. Readers should not assume that reviewing this manual alone constitutes complete self-contained breathing apparatus training.

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Saga Universal Training Corp. wishes to acknowledge the efforts of all the people who contributed to the writing, editing, and layout of this manual. It is our hope that this manual and the resulting training program will aide in the reduction of preventable injuries with the necessary knowledge, skills, and confidence to use breathing apparatus safely.

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Disclaimer

It is expected that an employer will take the fundamentals of this training and apply them to their specific workplace.

Job and / or familiarization of workers in specific workplace environments are in addition to this training.

Although every effort is made to ensure the accuracy, currency, and completeness of the information.

Saga does not guarantee, warrant, represent or undertake that the information provided is correct, accurate or current.

Saga is not liable for any loss, claim, or demand arising directly or indirectly from any use or reliance upon the information.

Program Overview

- This course is designed to introduce the learner to the basic concepts, hazards, hazard control processes and safe work procedures associated with confined and restricted spaces.
- This course follows the established and accepted guidelines, principles, and recommendations of internationally recognized safety organizations.
- Due to the different policies and procedures and equipment utilized on different work sites certain statements in this program may not apply.
- The course is intended to supplement a company's larger Health & Safety Management System.

Certification:

At the end of each chapter there will be a multiple choice, open-book exam of which at least 80% correct must be achieved.

Certificates of training issued by Saga Universal Training Corp. must be recognized by the employer and are valid for 3 years from the date of completion.

Course Goals:

- The student should understand the relationship between Legislation, Regulations, Standards, Due Diligence, and Best Practices.
- The student should understand the roles and responsibilities of employers and employees and workplace programs as they relate to the use of Self-Contained Breathing Apparatus.
- The student should be aware of the physiology, and limitations, of Self-Contained Breathing Apparatus.
- The student should be aware of the hazardous environments encountered while using Self-Contained Breathing Apparatus.
- The student should understand how to perform a pre, and post-use inspection of Self-Contained Breathing Apparatus.
- The student should understand the basic components of Self-Contained Breathing Apparatus.
- The student should understand the procedures for donning and doffing Self-Contained Breathing Apparatus.

Chapter 1 Oversight:

There are many layers of oversight of safety requirements in the workplace that are often in a hierarchical form of priority. For example, federal laws and regulations normally supersede Provincial and Territorial authority, but in some instances the federal government has given authority to the Provinces and Territories.

Goal:

The student will have an awareness of the various legislation, regulations, and standards that pertain to workplace health and safety.

Objectives:

- 1. The student should understand the relationship between Legislation, Regulations, Standards, Due Diligence, and Best Practices.
- 601977232. The student should be aware of the regulations that pertain to wearing SCBA.
- 601977233. The student should be aware of the key elements of a health and safety program.

Students Notes:			
		 	
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Legislation

Criminal Code of Canada Section 217.1

One of the farthest-reaching mechanisms of oversight regarding health and safety is Section 217.1 of the Criminal Code of Canada, it is where "due diligence" is defined in law:

"Everyone who undertakes, or has the authority, to direct how another person does work or performs a task is under a legal duty to take reasonable steps to prevent bodily harm to that person, or any other person, arising from that work or task."

Canada Labour Code Part II

In Canada OH&S is a Provincial or Territorial jurisdiction and every Province and Territory has its own OH&S legislation, code, and regulations. However, some industries are federally regulated, which can bring OH&S for those industries under the Canadian Labor Code and under federal jurisdiction.

Federal health and safety legislation are found in Part II of the Canada Labour Code and Regulations.

The Canada Labour Code applies to employees of the Federal Government, the Post Office, airports, banks, canals, highway transport, pipelines, radio and television broadcasting, railways, shipping services, and many more.

All Provinces and Territories must meet the minimum requirements of the Canada Labour Code and Regulations in their own legislation and are certainly encouraged to exceed them.

Approximately 90% of the Canadian workforce falls under the OH&S legislation of the Province or Territory in which they work.

Provincial Legislation and Regulations

Occupational Health and Safety legislation, regulations and codes apply to every occupation, employment, and business with few, if any, exceptions. You must familiarize yourself with specific regulations that pertain to you and your worksite.

Regulations

Workplaces must meet the minimum requirements of OH&S Regulations but are also encouraged to exceed them. Whether the workplace simply meets or chooses to exceed the minimum of their Provincial or Territorial regulations, the employer should document their regulations into the company's safe work policies and procedures manual.

Standards

OH&S regulations often refer to standards where the regulation will require the worker to follow a specific standard or use equipment that has met the requirements of a specific standard. The standards organizations are not the government so they cannot implement regulations.

However, the standards organizations are made up of experts in various disciplines. The standards organizations most frequently referenced in OH&S regulations are:

- CSA Group, formerly the Canadian Standards Association (CSA) (CAN/CSA)
- American National Standards Institute (ANSI)

Others Include:

- American Society of Safety Engineers (ASSE),
- European Committee for Standardization (CEN), or in French: (Comité Européen de Normalisation) Conformité Européenne (CE),
- National Fire Protection Association (NFPA),
- Underwriters Laboratories (UL),
- Underwriters Laboratories of Canada (ULC),
- Safety Equipment Institute (SEI).

For compliance purposes, any equipment required to meet specific standards must bear the mark or label of a nationally accredited testing organization such as CSA or ANSI, as evidence that the equipment has been approved to the requirements of the Standard.





When a regulation requires certain standards to be followed, they must be followed just as if they were written verbatim in the regulation.

Use caution when purchasing equipment required to meet the various standards. Manufacturers must meet stringent criteria to have their equipment tested to these standards. There have been cases of fraud where equipment has not been tested to the standards criteria and counterfeit marks are placed on the equipment.

It is always best to purchase equipment from reputable and authorized dealers.

Due Diligence

Applied to occupational health and safety, due diligence means that employers shall take all reasonable precautions, under the circumstances, to prevent injuries or accidents in the workplace.

Note: The wording is very similar in the Criminal Code of Canada Section 217.1.

Best Practices

A best practice is a method or technique that has been generally accepted as superior to any alternatives because it produces results that are superior to those achieved by other means, or because it has become a standard way of doing things.

Best practices are used to maintain quality as an alternative to mandatory legislated standards and can be based on self-assessment or benchmarking.

A procedure that has been shown by research and experience to produce optimal results and that is established or proposed as a standard suitable for widespread adoption.

There are some standards that are not required to be followed by any regulations, but individuals and groups follow them because they produce results.

Best Practice vs. Due Diligence

If due diligence in health and safety means to take all reasonable precautions, and best practices are used to maintain quality as an alternative to mandatory legislated standards; then wouldn't following best practices be considered an example of due diligence?

A standard not required through a regulation but has been generally accepted as superior could be considered a best practice and therefore should be followed to meet due diligence.

Question: Can you think of an example of best practices and due diligence being followed at your worksite?

Reasonably Practicable

In OHS the term "reasonably practicable" is frequently used. Reasonably practicable is a recognized term that is assessed using the reasonable person test.

That is, what would a dozen of your peers consider reasonable in similar circumstances.

Your peers would likely review what you did and compare it to what they do in their own operations. Some might do more, others less.

Requirement to Comply

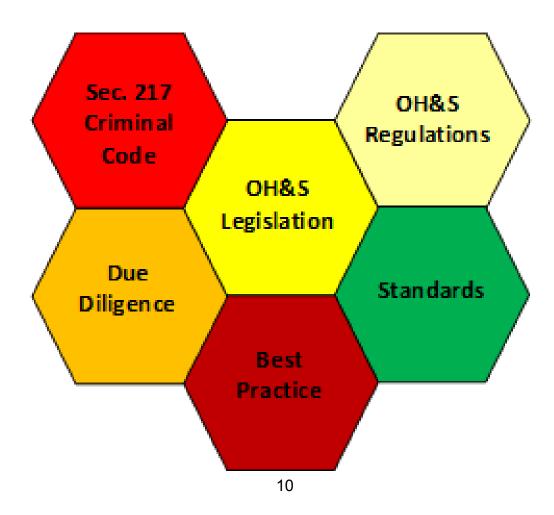
Notwithstanding the requirement for competency (training and experience), appropriate equipment, and the right to refuse unsafe work.

If legislation, regulations, or an adopted code imposes a duty on an employer, the employer must ensure that duty is met in accordance with the legislation, regulations, or the adopted code.

If legislation, regulations, or an adopted code imposes a duty on a worker, the worker must perform that duty, and the employer must ensure the worker performs that duty in accordance with the legislation, regulations, or the adopted code.

The Bottom Line

Employers and workers must ensure they understand under which authority they are working and be familiar with the legislation, regulations, and standards they must follow.



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Key Elements of a Health and Safety Management System

An organized approach through a company Health and Safety Management System is necessary to ensure all roles, responsibilities, and program requirements are met or exceeded.

Elements which should be included are:

- Training, Information and Auditing.
- Management, Supervision, and Internal Responsibility.
- Job Planning and Hazard Assessments.
- Safe Operating Procedures.
- Prevention of Injuries.
- Equipment Maintenance and Modifications.
- Facility Design.
- Emergency Plan.
- Additional safety training such as First Aid, WHMIS, Transportation of Dangerous Goods, Spill Containment, Ground Disturbance, Fire Safety, etc.

Chapter 1 Summary:

What was covered in Chapter 1?

- The relationship between Legislation, Regulations, Standards, Due Diligence, and Best Practices.
- A brief overview of some of the regulations that pertain to working in confined spaces.
- The key elements of a health and safety program.

Chapter 2 - An Overview of Self-Contained Breathing Apparatus (SCBA):

Protective breathing apparatus is extremely crucial to the wellbeing of any worker who has the potential to be exposed to a hazardous environment. Failure to use this equipment could lead to unsuccessful rescue attempts, injuries and/or fatalities.

Goal:

Students should be knowledgeable of potentially hazardous environments, the requirements for wearing protective breathing apparatus, the proper procedures for donning, doffing, and inspecting the apparatus as well as the proper care and maintenance of the equipment.

Objectives:

- 1. The student should be aware of the physiological factors that come into effect while wearing SCBA.
- 2. The student should be familiar with the limitations in wearing SCBA.
- 3. The student should be familiar with the hazardous environments that could be encountered while wearing SCBA.
- 4. The importance of wearing SCBA in hazardous environments.

Students Notes:					

OH&S defines a confined space as a space that is large enough to enter, has limited or restricted means for entry or exit, and has not been designed for continuous human occupancy. One factor that makes entering a confined space hazardous is that the space may contain a hazardous atmosphere.

A confined space may contain a toxic gas, such as hydrogen sulfide, in concentrations hazardous to health. Other confined spaces may contain a non-toxic gas, such as nitrogen, in concentrations that displace the oxygen in the air in the space.

The air we normally breathe contains about 21% oxygen, 78% nitrogen, and trace amounts of other gases. Too much Nitrogen can act as an asphyxiant, causing suffocation by displacing oxygen-containing air.

It is not necessary for nitrogen to displace all 21% of oxygen normally found in the air in order to cause harm to people. Legislation requires that oxygen levels be maintained at or above 19.5% in order to prevent injury to workers.

According to the Compressed Gas Association, "exposure to atmospheres containing 8-10 percent or less oxygen will bring about unconsciousness without warning and so quickly that the individuals cannot help or protect themselves."

Exposure to an atmosphere containing 6-8 percent oxygen can be fatal in as little as 6 minutes. Exposure to an atmosphere containing 4-6 percent oxygen can result in a coma in 40 seconds and subsequent death."

PHYSIOLOGY

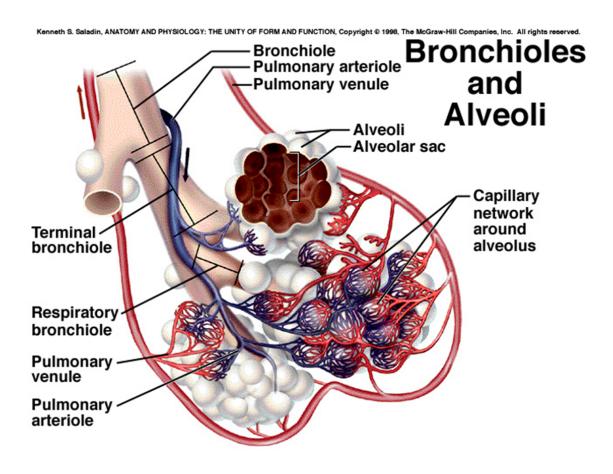
Several physiological factors come into effect when using self-contained breathing apparatus.

One of the major differences between wearing self-contained breathing apparatus and not, is the constant positive pressure that is applied throughout your lungs and in the face piece.

The positive pressure in the face piece causes your lungs to become hyper-inflated (meaning that the air remaining in your lungs is greater than normal) as a result of breathing out against pressure.

This hyper-inflation of the lungs is not felt by the user but causes the user to absorb oxygen into the blood more efficiently. This factor counterbalances the fact that an SCBA user has a 20% decrease in physical performance as a result of wearing SCBA.

As a result of this positive pressure in the face piece the SCBA also prevents toxic gases from entering your face piece.



Working while wearing SCBA can be both physically and mentally demanding. Your physical fitness has a direct effect on your ability to recover from these demands, as well as your performance.

Healthy cardiovascular and respiratory systems are your keys to helping meet the physical requirements of working with breathing apparatus.

In addition to the physical and mental restraints caused by wearing SCBA, the wearer should also have good balance and be slightly agile, contributing to enhanced performance while wearing the apparatus.

Factors that may limit air supply include:

- your physical condition
- the nature and degree of work being performed
- your emotional stability
- condition of the self-contained breathing apparatus
- cylinder pressure
- your experience with using SCBA.

Controlled breathing is a conscious effort to reduce your air consumption by inhaling through your nose and exhaling through your mouth. Using a nose cup in your mask forces exhalation directly out the exhalation valve reducing carbon dioxide inhalation. Inhaling through the nose and exhaling through the mouth also conserves air consumption.

Just wearing SCBA can be stressful enough. Some wearers can experience claustrophobia, which causes you to breathe faster and use up air sooner. Therefore, the wearer must exert control over their breathing and try to breathe as normally as possible.

One of the most important aspects of wearing breathing apparatus is to breath normally!

LIMITATIONS OF SELF-CONTAINED BREATHING APPARATUS

There are several factors that create limitations for the SCBA.

Limitations of the Wearer:

Physical:

- a) **Physical condition** the wearer should be in sound physical condition in order to maximize that work that can be performed.
- b) **Agility** wearing breathing apparatus restricts movement and affects balance.
- c) **Facial features** the shape and contour of the face affects the ability to get a good seal.

Medical:

- a) **Neurological function** good motor coordination is necessary for operating breathing apparatus.
- b) **Muscular/Skeletal condition** the wear must have some physical strength and size to wear and perform required tasks.
- c) **Cardiovascular conditioning** poor cardiovascular conditioning can result in harmful medical conditions due to strenuous activity.
- d) **Respiratory functioning** proper respiratory function will maximize the wearer's operating time.

Mental:

- a) **Adequate training** the wearer must be knowledgeable in every aspect of breathing apparatus.
- b) **Self-confidence** belief in the wearer's ability.
- c) **Emotional stability** the ability to maintain control in excited or high stress situations will reduce the chance of a serious mistake.

Limitations of the Equipment:

- a) **Limited visibility** the face piece reduces peripheral vision and face piece fogging can reduce overall vision.
- b) **Decreased ability to communicate** the face piece hinders communication.
- c) **Increased weight** breathing apparatus adds approximately 25 to 35 pounds of weight to the wearer.
- d) **Decreased mobility** the increase weight and balance reduce the wearer's mobility.

Limitations of Air Supply:

- a) **Physical condition of user** the poorer the physical condition, the faster the air supply is expended.
- b) **Degree of physical exertion** the higher the physical exertion the faster the air supply is expended.
- c) **Condition of apparatus** minor leaks and/or poor adjustment of regulator result in excess air loss.
- d) **Cylinder pressure before use** if the cylinder is not at full capacity, the amount of working time is reduced proportionately.
- e) **Training and experience of user** highly experienced users will be able to the maximum air supply from the cylinder.

HAZARDOUS ENVIRONMENTS

SCBA is a necessary part of the protective system required for entrance to hazardous atmospheres.

The respirator is intended to protect the user only from the effects of an oxygen deficient atmosphere and/or atmospheres containing toxic or hazardous substances by providing a supply of respirable breathing air to a face piece sealed to the user's face.

SCBA cylinders must be capable of providing breathable air for 30 minutes. A 2216-psi cylinder provides for this minimum whereas a 4500-psi cylinder can provide breathable air for up to 1 hour, depending on user experience and degree of stress involved.

Duration time of the respirator will depend on such factors as:

- 1. Degree of physical activity of the user.
- 2. The physical condition of the user.
- 3. Degree to which the user's breathing is affected by emotional factors.
- 4. Degree of training or experience which the user has with this or similar equipment.
- 5. Whether or not the cylinder is fully charged at the start of the work periods.
- 6. The possible presence in the compressed air of CO2 concentrations greater than .04% normally found in atmospheric air.
- 7. The atmospheric pressure: for example, if used in a pressurized tunnel or caisson at 2 atmospheres (15 psi gauge or approx. 30 psi absolute) the duration will be ½ as long as when used at 1 atmosphere; and at 3 atmospheres will be 1/3 as long.
- 8. Loose or improper fitting facepiece.
- 9. Condition of the respirator.

A properly fitted mask is essential in ensuring the safety of the wearer of SCBA. To ensure an effective seal, a documented fit test must be completed. The user must ensure that they have a clean-shaven face. This will contribute to the most effective seal of the face piece around the user's face.

Considerations should also be made for the use of full PPE, specific to the exposure of hazards or hazardous materials.

Tracking the location of people in hazardous atmospheres who are on SCBA is an integral component of the safety of these individuals. An accountability system should be used whenever people are on SCBA.

An accountability system should indicate user's name, location, cylinder pressure and time the user enters the location.

OXYGEN DEFICIENCY CHART

Oxygen Concentrations	Effects
23% and above	Increased flammability of materials. Entry is not allowed.
21%	ldeal.
20.9%	Normal.
18 – 19.5%	Minimum required to maintain safe working conditions. Consult provincial regulations.
16%	Increased pulse, no coordination, some impairment of thinking.
14%	Very poor judgment and co-ordination may cause poor respiration that can lead to permanent heart damage.
Less than 12%	Nausea, vomiting, unconsciousness, convulsions and death.

TOXIC GASES CHART

Produ ct	F	Fla m.	Physical	Main	*Maximum Level	**IDLH	S p	V a
	aP sonn ↓	Ra nge s	Description	Danger	Permitt ed in Air		@cr. ⊕Vat	B è X
Carbo n Dioxid e	N / A	N/A	Colourless/ Odourless	Displace s Oxygen	5000 ppm	50 000 ppm	# #5157	F-11 3-15
(CO2) Carbo n Monox ide	N / A	12.5 %-7 4%	Colourless/ Odourless	Toxic- Asphyxi ate	25 ppm	1200 ppm	2 5	0 9 7
Diesel Fuel	> 4 0 0	0.7 %-6. 5%	Clear to yellow / Brown	Toxic- System Depress	N/A	N/A	N / A	4
Unlea ded Gasoli ne	30.0	1.3 %-7. 6%	Colourless/ Sweet odor	Töxic- System Depress	300 ppm	Avoid Explosive Levels	0 7 5	3 - 4
Hydro gen Sulfid e	N / A	4%- 46 %	Colourless/ Sulfur-odorle ss	very Toxic- Respirat ory	10 ppm	100 ppm	N / A	1 2
(H2S) Metha ne (CH4)	1 8 8	5%- 15 %	Colourless/ Odourless	Displace s Oxygen/ Explosion	1000 ppm	Displaces Oxygen/ Avoid Explosive	0 3	0 6
Nitrog en (N2)) X ~ A	N/A	Colourless/ Odourless	Displace s Oxygen	Ensure oxygen is at 19.5%	Displaces Oxygen	0 8 0 8	0 9 7
Nitrog en Dioxid e	N _ A	N/A	Reddish Brown Pungent Odour	Toxic-Se vere Respirat	3 ppm	50 ppm	1 4 4	1 6
Propa ne (C3H8)	1 0 4 °	2.1 %-9. 5%	LPG- Colourless Sulfur odour	Fire & Irritant Explosio n	2100 ppm	Avoid Explosive Levels	N / A	1 5
Sulfur Dioxid e	N / A	N/A	Colourless/ Suffocating Odour	Toxic-Se vere Respirat ory	2 ppm	100 ppm	1 4 3	2 2

What was covered in Chapter 2?

- The physiological effects of wearing SCBA.
- The limitations involved with wearing SCBA.
- The hazardous environments that could be encountered while wearing SCBA.
- The importance of wearing SCBA in hazardous environments.

Students Notes:			
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Chapter 3 - SCBA Components, Use, and Inspections

Ensuring your breathing apparatus is in good condition and ready for use is as important as knowing how to use it. This chapter focuses on ensuring your SCBA is ready for use, the steps needed to properly don and doff SCBA, and once used, is put back into it's "state of readiness".

Goal:

Students should be knowledgeable of the proper procedures for inspecting, donning, doffing the apparatus as well as the proper care and maintenance of the equipment.

Objectives:

- 1. The student should understand the four components that make up a Self-Contained Breathing Apparatus.
- 2. The student should understand the steps involved with donning and doffing SCBA.
- 3. The student should understand the importance of SCBA inspections.
- 4. The student should understand the steps involved with changing a cylinder.

There are two types of SCBA, belt-mounted regulators (BMR) and mask-mounted regulators (MMR). An SCBA can also be an open or closed-circuit unit.

The Self-Contained Breathing Apparatus consists of four components: the face piece assembly or mask, the air supply or air cylinder, the regulator assembly or regulator and finally the harness assembly.

A simple acronym one can use to remember all four components is:

H - Harness

A – Air cylinder

R - Regulator

M - Mask

The harness is the backpack type frame that allows the user to carry all required components of the SCBA. This harness usually consists of a steel or aluminum frame with two shoulder straps and one waist strap.

The air supply or cylinder consists of three components. The air cylinder itself can have a variety of pressures and rated times. One of the most common cylinders is the 2216 psi, which is rated to last approximately 30 minutes. Other pressures and times include 3000 psi, 4500 psi and times can vary from 30 minutes upwards to 1 hour.

The regulator consists of six components including the high-pressure system, pressure gauge, bypass/purge valve, donning switch, low air alarm and the exhalation valve.

The face piece or mask consists of three components. The face piece, the lens, and the head harness. The face piece is the rubber portion of the mask. The seal this creates with the user's face is the most important aspect of the face piece. The user should be clean-shaven to ensure he gets a proper seal.

To tighten the head harness the user must pull back on the straps towards the ears, to ensure a snug fit and an effective seal around the user's face. A negative pressure check is then completed to ensure proper seal has been obtained.

To do a negative pressure check, the user dons his or her face piece and then using the regulator covers over the opening and inhales (breaths in). The user should feel the mask suck into the face not hearing or feeling any air rushing into the mask around the afterpiece seal. To ensure the face piece has the optimal seal, all users should have been properly fit tested for the mask they are wearing.



PRE-USE INSPECTIONS

If the SCBA is intended for emergency use, a pre-use inspection should be completed at the beginning of the workday. Otherwise, the pre-use inspection should be completed prior to every use. Inspections and maintenance should be performed in compliance with the manufacturer's requirements. Documentation of the pre-use inspection should be maintained and tracked to ensure the apparatus has no deficiencies and to ensure proper maintenance has been carried out when required.

If deficiencies are found during an inspection, the breathing apparatus should be removed from service until the deficiency is corrected.

Here's what to do for a pre-use inspection:

- 1) Ensure you have all required components: Mask, air cylinder at full pressure, regulator complete and harness.
- Check for tag to indicate date of last refill of air cylinder.
- 3) Check face piece— is the head harness intact and straps extended. Is the face piece clean, dust free, clear and free of scratches?
- 4) Is the nose cup installed correctly?

- 5) Check regulator exhalation valve intact and clean, hose in good repair, intact and tight?
- Check harness to ensure straps are in good repair, clean and fully extended.
- 7) Open cylinder valve. Does regulator pressure gauge show same pressure as air cylinder pressure gauge? Allow 100 psi or 10% discrepancy.
- 8) Close air cylinder valve.
- 9) Does bypass valve work?
- 10) Does low air alarm work? Should sound at approximately 500 psi or 25% air pressure remaining.
- Store apparatus in appropriate place until needed or use as set out by companies breathing apparatus policies.

DONNING SCBA

There are five steps to properly donning SCBA.

- 1) Prepare or inspect all required equipment.
- 2) Put on harness/cylinder/unit. Put on the face piece.
- 3) Complete a negative pressure check.
- 4) Connect air supply (attach regulator to mask first breath will open valve).

EMERGENCY PROCEDURES FOR LOSS OF AIR SUPPLY

In the event of a loss of air supply, the user of the mask mounted regulator may:

- ✓ Connect to partner with "buddy-breathing" system.
- ✓ Open Emergency By-Pass valve.
- Remove regulator and cover the hole with gloved hand. However, this is not recommended for IDLH atmospheres.

DOFFING SCBA

- 1) Disconnect regulator from mask.
- 2) Remove mask.
- 3) Remove harness/cylinder/unit.
- 4) Turn off air supply.
- 5) Inspect equipment.

AFTER-USE INSPECTION

After using breathing apparatus complete an after-use inspection. To complete an after-use inspection run through the same steps as a pre-use inspection. If during an inspection you find any deficiencies, remove the apparatus from service until the deficiency is corrected.

If the air cylinder is less than 80% full, the cylinder will need to be replaced with one that has more than 80%.

To wash the mask simply submerge the mask in water with anti-bacterial soap, rinse well and hang to air dry. Do not use harsh chemicals as they can create dry rot or damage the seal portion of the facepiece and cause damage to the lens or stain the lens.

Once the after-use inspection is competed log the results and store the apparatus in its appropriate place.

CHANGING THE CYLINDER

- 1) Ensure there is no pressure in the system.
- 2) Loosen cylinder clamp.
- 3) Unscrew coupling from high-pressure system to cylinder.
- 4) Depress locking tab and slide empty cylinder off carrier.
- 5) Slide fully charged cylinder onto carrier, with gauge facing out.
- 6) Engage locking tab.
- 7) Re-screw coupling, ensuring not to cross thread, only hand tight, no tools required.
- 8) Tighten cylinder clamp and ensure cylinder is snug on the harness.

What was covered in Chapter 3?

- The four components that make up a Self-Contained Breathing Apparatus.
- The steps involved with donning and doffing SCBA.
- The importance of SCBA inspections.
- The steps involved with changing a cylinder

Students Notes:					