

Safe Mask Use While On the Job



NORTH AMERICAN
TRAINING SOLUTIONS



Centers for Disease Control and Prevention (CDC) recommends wearing a mask when physical distancing (remaining a minimum of 6 feet away from others) is not possible. For tree care workers, a mask has become the latest form of PPE however, there are a lot of questions around safe use. The following recommendations are shared to keep you safe on the job site.



Ensuring appropriate physical distancing, remove your mask for five minutes every hour to allow for appropriate O₂ and CO₂ exchange.



Step outside every hour for at least five minutes (appropriately physical distance as required) and breath deeply, filling your lungs completely.



Monitor for changes in heart rate, shortness of breath, slow reactions, or dizziness. If you experience any of these symptoms, remove your mask and consult with your health care practitioner.



For safety, remove your mask while driving to maintain mental focus.



Use caution wearing a mask while engaging in activity that elevates heart rate (i.e. climbing a tree). Physical activity requires greater oxygen demand, which can be compromised by a facial mask or covering. Note, a N-95 mask is NOT recommended during exercise.