WEAR A RESPIRATOR

Which one to wear depends on the task you are doing

SPRAYING PAINT:
SAR is recommended
PAPR with OV cartridges & N95 paint pads [OV/N95] may be sufficient
Cartridge respirator with OV/N95 may be effective for smaller jobs

MIXING PAINT AND GUN CLEANING:
Cartridge respirator with OV filters

SANDING, GRINDING, SWEEPING,
BLOWING DUST:
Cartridge respirator with HEPA (N100) or N95 filters
Filtering facepiece (Dust Mask) classified as N95 or N100

WELDING:
Cartridge respirator with HEPA (N100) filters