

Respirator Fit Testing Instructions

1. Sensitivity Test:

- a. *Sample narrative: In order to be sure that the fit test is accurate, we need to know that you can taste the solution we are using. The solution we will now use is much milder than the solution we use during the fit test. If you can taste this, then we know the fit test will be valid.*
- b. Without a mask or respirator on, put hood on employee and have employee breathe with open mouth and tongue forward.
- c. Squirt Sensitivity Solution into hood up to 10 times.
 - i. Pause and ask if the employee can taste the solution.
 - ii. If solution is tasted, the sensitivity test is done
- d. If solution is not tasted, repeat 10 squirts into hood.
 - i. Pause and ask if the employee can taste the solution.
 - ii. If solution is tasted, the sensitivity test is done
- e. If solution still is not tasted, repeat 10 squirts again
 - i. If sensitivity solution is not tasted after 3 sets of 10 squirts, try either 5 squirts of the fit-test solution or try a different flavor.
- f. Note the number of squirts required to taste the solution, as the number of squirts delivered in the next section will be based on this number.

2. Instruct employee to put on respirator

- a. Instruct them to mold the respirator to their face so there is a seal around nose, chin, etc.
- b. Do a visual scan to see if there are any obvious gaps in respirator fit.
- c. Have employee perform 'Seal Check'
 - i. Place hands around mask, breathe forceful breaths in and out and should feel no leaks around respirator.

3. Fit-test

- a. *Sample narrative: I will now take you through seven different steps, each a minute long. I will give you instructions before each step so you know what to do. I will be periodically spraying more solution into the hood. Our goal is to make it through seven steps without you tasting the solution. However, if at any time you do taste the solution, let me know. If you taste the solution it means that we do not have a good fit on your respirator and need to readjust the mask or try a different model.*
- b. Start by squirting the Fit Test Solution into the hood. Use 10, 20, or 30 squirts depending on when the employee tasted the solution during the Sensitivity Test.
 - i. *Note: We start with this number to build up the solution in the hood to where the employee tasted it. After this initial set, you will use only half of the Sensitivity Test number for the remainder of the fit-test.*
- c. **Step 1:** Set a timer for one minute and instruct the employee to **breathe normally**.
 - i. After 30 seconds, give another set of squirts, this time use **half** of what the employee's Sensitivity Test number was (i.e. 5, 10, or 15 squirts). **Note: from here on out use 5, 10, or 15 squirts for the remainder of the steps.*
 - ii. At the end of the minute, ask if the employee if they can taste the solution.

1. If no, go to next step.
 2. If yes, stop the test and remove the hood. Try re-fitting the existing mask or try a different model. Start test from Step 1.
- d. **Step 2:** Deliver another set of squirts into the hood (5, 10, or 15). Set a timer for one minute and instruct the employee to **breathe deeply**.
- i. After 30 seconds, give another set of squirts.
 - ii. At the end of the minute, ask if the employee if they can taste the solution.
 1. If no, go to next step.
 2. If yes, stop the test and remove the hood. Try re-fitting the existing mask or try a different model. Start test from Step 1.
- e. **Step 3:** Deliver another set of squirts into the hood (5, 10, or 15). Set a timer for one minute and instruct the employee to **shake their head 'no'**.
- i. After 30 seconds, give another set of squirts.
 - ii. At the end of the minute, ask if the employee if they can taste the solution.
 1. If no, go to next step.
 2. If yes, stop the test and remove the hood. Try re-fitting the existing mask or try a different model. Start test from Step 1.
- f. **Step 4:** Deliver another set of squirts into the hood (5, 10, or 15). Set a timer for one minute and instruct the employee to **nod their head 'yes'**.
- i. After 30 seconds, give another set of squirts.
 - ii. At the end of the minute, ask if the employee if they can taste the solution.
 1. If no, go to next step.
 2. If yes, stop the test and remove the hood. Try re-fitting the existing mask or try a different model. Start test from Step 1.
- g. **Step 5:** Deliver another set of squirts into the hood (5, 10, or 15). Set a timer for one minute and instruct the employee to **read aloud from the Rainbow Passage**.
- i. After 30 seconds, give another set of squirts.
 - ii. At the end of the minute, ask if the employee if they can taste the solution.
 1. If no, go to next step.
 2. If yes, stop the test and remove the hood. Try re-fitting the existing mask or try a different model. Start test from Step 1.
 3. *Note: if the employee is not comfortable reading the passage, have them say their ABCs or count to 50. If the employee gets to the end of the passage or recitation before the minute is up, have them start over. They should be talking for the entire minute. Do not let the employee take off the hood to put on reading glasses. If you do, you will lose all of the solution that has built up in the hood and will not get an accurate test.*
- h. **Step 6:** Deliver another set of squirts into the hood (5, 10, or 15). Set a timer for one minute and instruct the employee to **move around the room**. This could be walking laps, marching in place, bending over, sitting down and standing up, etc.
- i. After 30 seconds, give another set of squirts.
 - ii. At the end of the minute, ask if the employee if they can taste the solution.

1. If no, go to next step.
 2. If yes, stop the test and remove the hood. Try re-fitting the existing mask or try a different model. Start test from Step 1.
 - i. **Step 7:** Deliver another set of squirts into the hood (5, 10, or 15). Set a timer for one minute and instruct the employee to **breathe normally**.
 - i. After 30 seconds, give another set of squirts.
 - ii. At the end of the minute, ask if the employee if they can taste the solution.
 1. If no, they passed the fit-test.
 2. If yes, stop the test and remove the hood. Try re-fitting the existing mask or try a different model. Start test from Step 1.
 - j. **If the employee makes it through all seven steps without tasting the solution, they passed the test.**
4. Write the type of respirator they are now fitted for on the appropriate form and sign (e.g. 3M 1870).
- a. Make sure the employee knows that this is the only model of respirator they should use, barring any changes to supply or major facial changes that may require them to be fit-tested again.
 - b. They will be re-fit-tested on an annual basis to meet OSHA requirements.