**This is an example** of the Fit Testing Process but IS NOT meant to replace manufacturer’s instructions. If the instructions for your kit have been lost, instructions can usually be located on line or by contacting the manufacturer.

Don the respirator properly according to the manufacturer’s instructions.

Perform a Fit Check:

A Fit Check must be conducted each time they are worn.

After donning the respirator, inhale sharply, the mask should collapse slightly, and no air should be leaking where the respirator meets the face.

Cup hands and place the over the respirator and inhale sharply. Air should be felt moving between the fingers and not at the edges of the respirator.

Note: Fit Checking is NOT a substitute for Fit Testing.

QUALITATIVE FIT TESTING PROTOCOL:

The Qualitative Fit Testing protocol consists of several parts: a Sensitivity Check and a Fit Test, which includes several motions and speaking. The sensitivity check determines the employee’s ability to taste the solution. The Fit Test uses the full-strength solution to verify that the wearer can achieve

an acceptable fit with the respirator. A medical evaluation to assess the ability to wear a respirator should be conducted prior to fit testing or respirator use.

The following items are not included in this Kit but should be available to assist in Fit Testing:

• Covered pitcher or container of water and drinking

cups (or a nearby water fountain)

• Disposable towels / napkins

• Stopwatch or wristwatch with a second hand

• Adequate supply of the respirator styles and sizes your facility will be using

• Training files or other record-keeping system your facility will be using

* Disinfectant to clean the hood between employees
* Hand sanitizer as needed

PREPARATION:

1. Pour the contents of Sensitivity Check Solution into the Sensitivity Check nebulizer. Prepare the Fit Test nebulizer with the Fit Test Solution in the same manner. (Note these are often color coded for ease)

2. Assemble the hood if needed

3.Explain the procedure to the trainee, including no eating or drinking 15 minutes before the procedure as it could interfere with the test.

SENSITIVITY CHECK PROCEDURE:

1. Have the test subject put on the hood without a respirator.

2. Instruct the subject to breathe through his/her mouth with tongue slightly extended.

3. Instruct the subject to immediately let you know when they taste the solution

4. Insert the nozzle of the Sensitivity Check nebulizer into the hole at the front of the hood and squeeze the bulb firmly 10 times. The nozzle should be directed away from the nose and mouth of the person. (If the person reports a taste during this process, stop squeezing. Record “10” as the number of squeezes required, regardless of when the person reported the taste.)

5. If the subject has not tasted the solution, administer another 10 squeezes. (If the person reports a taste during this process, stop squeezing. Record “20” as the number of squeezes required, regardless of when the person reported the taste.)

6. If the subject has not tasted the solution, administer another 10 squeezes, and ask again if they have tasted the solution. (If the person reports a taste during this process, stop squeezing. Record “30” as the number of squeezes required, regardless of when the person reported the taste.

7. If no taste has been detected, and if saccharin is being used, then the subject should be tested with

the alternative solution using these same procedures. If the subject is unable to taste either

then the subject cannot be tested using this protocol.

8. Remove the hood and allow the subject to rinse his/her mouth with water and wipe his/her face. The subject should not proceed to the Fit Test until the taste of the challenge agent has been allowed to clear, which usually takes several minutes.

FIT TEST PROCEDURE:

1. Have the subject put on the respirator and perform a Fit Check. The subject should be allowed to

wear the respirator for at least five minutes, adjusting it as needed.

2. Place the hood on the subject

3. Instruct the subject to breathe through his/her mouth with tongue extended for the duration of the test and to report if the taste of the solution is detected at any time during the test.

4. Insert the nozzle of the Fit Test nebulizer into the hole at the front of the hood and spray 10, 20, or 30

squeezes into the hood, depending on which number was recorded from the Sensitivity Check.

5. Maintain the aerosol concentration in the hood throughout the test by squeezing one half the initial

number of squeezes every 30 seconds into the hood.6. Instruct the subject to perform the series of exercises below for 60 seconds each:

I. Normal Breathing 30 seconds, squeezes with nebulizer then 30 more seconds, then squeezes with the nebulizer, than move to deep breathing……………………….repeating for each of the activities 1-7

2. Deep Breathing

3. Turning head from side to side

4. Moving head up and down slowly

5. Talking (reading the enclosed “Rainbow Passage”)

6. Bending over or other motion that would be common for them to do at work.

7. Normal Breathing

PASS: If the exercises are completed without the subject tasting the aerosolized solution, then an acceptable fit has been demonstrated and the subject has passed the test.

FAIL: If the subject reported tasting the aerosolized solution during the test, then the subject has failed to achieve an acceptable fit. The test subject should be allowed to re-test with the same model respirator or with another model respirator. Allow the taste to dissipate before testing again.

CLEANING UP:

1. Rinse the nebulizers with warm water to prevent clogging. The nebulizers should be thoroughly rinsed at least every four hours during testing.

2. Disinfect the inside of the hood according to manufacturer’s recommendations. Some however, only recommend soap and water. A disinfectant, such as isopropyl alcohol, or other EPA registered disinfectant should be used to prevent transmission of infectious as the hood is a shared equipment. When choosing a disinfectant, give consideration to safety if it damages the equipment, and odor.