A blue circle with white text

Description automatically generated

**N-95 RESPIRATOR FIT TEST FORM**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# Since your last N-95 fit test, have you experienced any of the following:

|  |
| --- |
| * A medical condition that might prevent you from wearing a respirator \_\_\_\_\_\_ YES \_\_\_\_\_\_ NO |
| * A substantial weight loss or weight gain \_\_\_\_\_\_ YES \_\_\_\_\_\_ NO |
| * Facial cosmetic surgery \_\_\_\_\_\_ YES \_\_\_\_\_\_ NO |
| * Any other facial changes such as scarring or dental work \_\_\_\_\_\_ YES \_\_\_\_\_\_ NO |
| * Do you have a beard that would interfere with proper fit? \_\_\_\_\_\_ YES \_\_\_\_\_\_ NO |

**Competency**

|  |  |  |
| --- | --- | --- |
|  | **Initials** | **Date** |
| **Knowledge** |  |  |
| Understand method for performing skill check |  |  |
| Understand indications for changing respirators |  |  |
| Indications for use of N-95 vs surgical mask |  |  |
| **Skill** |  |  |
| Wash hands or use waterless hand rinse |  |  |
| Cup the respirator in hand with nose piece in fingertips |  |  |
| Pull top strap over head resting strap at crown of head |  |  |
| Pull bottom strap over head positioning to ensure proper fit |  |  |
| Pinch nose piece using two fingers from each hand |  |  |
| Perform seal check by cupping hands over respirator and exhaling |  |  |
| Adjust nose piece and straps to ensure seal |  |  |
| Remove mask carefully allowing respirator to move slowly from face |  |  |
| Discard respirator into waste container |  |  |

# Indicate correct size

\_\_\_\_\_\_ 3M 1860- Regular

\_\_\_\_\_\_ 3M 1860- Small

\_\_\_\_\_\_ 3M 1870

\_\_\_\_\_\_ I understand I may not enter a respiratory isolation room or care for a respiratory isolation patient unless I have been N-95 fit tested and do not have a beard

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature Date**