

**N-95
Disposable
Filtering Facepiece
Particulate Respirator**

**Qualitative
Fit-Testing**

**Step-by-Step
Instructions**

And

Exercise Placards

Taste Threshold Screening Preparation

Saccharin

1. Prepare the nebulizer labeled "Saccharin sensitivity" for use by unscrewing the clear top of the nebulizer from the bowl and bulb on the bottom. (See Diagram, page 2)
2. Add 1 teaspoon of the "Saccharin Sensitivity Test Solution" from the plastic bottle to the bottom bowl of the nebulizer while holding it upright.
3. Screw the top back on to the bowl and close the mist outlet cap and the air inlet cap.
4. Place the nebulizer upright in a clean mug or glass until ready to use.
5. Before administering screening test, remove both the mist outlet cap and the air inlet cap to attain maximum aerosol delivery.

Bitrex

1. Prepare the nebulizer labeled "Bitrix sensitivity" for use by unscrewing the clear top of the nebulizer from the bowl and bulb on the bottom. (See Diagram, page 2)
2. Remove 1 tube of Bitrex Sensitivity Solution from box. With the tip of the tube pointed upward, pinch the length of the applicator, breaking the glass ampoule inside until thoroughly crushed. (The tip has a small hole to pour solution through.)
3. Pour the contents of the tube into the bowl of the nebulizer while holding it upright.
4. Screw the top back on to the bowl and close the mist outlet cap and the air inlet cap.
5. Place the nebulizer upright in a clean mug or glass until ready to use.
6. Before administering screening test, remove both the mist outlet cap and the air inlet cap to attain maximum aerosol delivery.

Taste Threshold Screening Test Procedure

Procedure is the same for Saccharin OR Bitrex

1. Have test subject don hood WITHOUT WEARING RESPIRATOR. The clear portion should be in the front with the hole in front of the test subject's nose and mouth. Position should allow free movement of the head.
2. Instruct test subject to breathe through his or her slightly open mouth with tongue extended.
3. With nebulizer upright and mist outlet cap and air inlet cap open, insert the nebulizer outlet into the hole of the hood. Firmly squeeze the bulb so that it collapses completely and then allow it to fully expand. RAPIDLY REPEAT FOR A TOTAL OF 10 SQUEEZES. ASK IF SUBJECT CAN TASTE THE TEST SOLUTION.
4. If the subject CAN taste the test solution, then the sensitivity test is completed and the person can be tested with this solution. NOTE TYPE OF SOLUTION AND THE NUMBER OF SQUEEZES (10) ON THE FIT-TEST RECORD.
5. If the subject CANNOT taste the test solution, RAPIDLY REPEAT ANOTHER 10 SQUEEZES OF SOLUTION. ASK IF SUBJECT CAN TASTE THE TEST SOLUTION.
6. If the subject CAN taste the test solution, then the sensitivity test is completed and the person can be tested with this solution. NOTE THE TYPE OF SOLUTION AND THE NUMBER OF SQUEEZES (20) ON THE FIT-TEST RECORD.
7. If the 20 squeezes still do not produce a taste response, RAPIDLY REPEAT ANOTHER 10 SQUEEZES OF SOLUTION. ASK IF SUBJECT CAN TASTE THE TEST SOLUTION.
8. If the subject CAN taste the test solution, then the sensitivity test is completed and the person can be tested with this solution. NOTE THE TYPE OF SOLUTION AND THE NUMBER OF SQUEEZES (30) ON THE FIT-TEST RECORD.
9. If the subject CANNOT taste the solution after 30 squeezes, the subject is unable to taste that solution and may not perform a fit test with that solution. Another solution must be tried or alternate fit test (quantitative) performed.

Fit Test Preparation

Saccharin

1. Prepare the nebulizer labeled "Saccharin Fit-Test" for use by unscrewing the clear top of the nebulizer from the bowl and bulb on the bottom. (See Diagram, page 2)
2. Add 1 teaspoon of the "Saccharin Fit-Test Solution" from the plastic bottle to the bottom bowl of the nebulizer while holding it upright.
3. Screw the top back on to the bowl and close the mist outlet cap and the air inlet cap.
4. Place the nebulizer upright in a clean mug or glass until ready to use.
5. Before administering screening test, remove both the mist outlet cap and the air inlet cap to attain maximum aerosol delivery.

Bitrex

1. Prepare the nebulizer labeled "Bitrex Fit-Test" for use by unscrewing the clear top of the nebulizer from the bowl and bulb on the bottom. (See Diagram, page 2)
2. Remove 1 tube of "Bitrex Fit-Test Solution" from box. With the tip of the tube pointed upward, pinch the length of the applicator, breaking the glass ampoule inside until thoroughly crushed. (The tip has a small hole to pour solution through.)
3. Pour the contents of the tube into the bowl of the nebulizer while holding it upright.
4. Screw the top back on to the bowl and close the mist outlet cap and the air inlet cap.
5. Place the nebulizer upright in a clean mug or glass until ready to use.
6. Before administering screening test, remove both the mist outlet cap and the air inlet cap to attain maximum aerosol delivery.

Fit-Test Procedure

Procedure is the same for Saccharin OR Bitrex

1. Have test subject DON RESPIRATOR, CONDUCT USER SEAL CHECK, then PUT-ON HOOD. The clear portion of the hood should be in the front with the hole in front of the test subject's nose and mouth. Position should allow free movement of the head.
2. Instruct test subject to breathe through his or her slightly open mouth with tongue extended.
3. On the test subject's fit-test record, CONFIRM the TYPE OF SOLUTION and the NUMBER OF SQUEEZES of the nebulizer that it took to elicit a taste response. USE THE NEBULIZER CONTAINING THAT TEST SOLUTION.
4. With nebulizer upright and mist outlet cap and air inlet cap open, insert the nebulizer outlet into the hole of the hood. INSTRUCT THE SUBJECT TO INDICATE IF AT ANY TIME DURING THE TESTING THEY TASTE THE TEST SOLUTION.
5. Firmly squeeze the bulb so that it collapses completely and then allow it to fully expand. RAPIDLY REPEAT FOR the TOTAL THE NUMBER OF SQUEEZES (10, 20 or 30) NEEDED FOR A TASTE RESPONSE IN THIS SUBJECT. On the fit-test record, document the number of squeezes that it took for subject to taste the agent.
6. After generating the aerosol, the test subject shall be instructed to perform the exercises listed below. EVERY 30 SECONDS, THE AEROSOL CONCENTRATION SHALL BE REPLENISHED USING ONE HALF THE ORIGINAL NUMBER OS SQUEEZES (e.g., 5, 10 or 15). EACH TEST EXERCISE SHALL BE PERFORMED FOR 1 MINUTE:
 - a. NORMAL BREATHING
 - b. DEEP BREATHING
 - c. TURNING HEAD SIDE-TO-SIDE
 - d. MOVING HEAD UP AND DOWN
 - e. TALKING - READ "RAINBOW PASSAGE"
 - f. BENDING OVER
 - g. NORMAL BREATHING
7. If subject tastes test solution at any time, STOP THE TEST. Subject has failed the fit-test and should select another respirator to be retested.

If subject has completed the exercise and NOT TASTED the TEST SOLUTION, then they PASSED THE FIT-TEST. Have them reach under the hood and pull the respirator away from face to demonstrate the protection the respirator was providing. COMPLETE THE FIT-TEST RECORD.

Fit Test Exercises

Perform each
test for
one minute

Exercise #1

Normal

Breathing

Exercise #2

Deep

Breathing

Exercise #3

Turn head

side-to-side

Exercise #4

Move head

up and down

Exercise #5

Talking

[Recite aloud the “Rainbow Passage” below:]

When sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch with its path high above, and its two ends apparently behind the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.

Exercise #6

Bend Over

Or

Run in Place

Exercise #7

Normal

Breathing

Optional Exercise #8

While still under hood,
crack seal of respirator
away from the face and
take a breath.