

Respirator fit testing



Objectives of the Fit Test Workshop

- Know how to don a disposable FFP Respirator
- Able to perform a qualitative fit test (QLFT)
- Understand the issues of the QLFT
- Understand the limitations of N-95 Particulate respirators

Personal protective equipment

Respirator vs Mask



Find center of nose piece and bend gently



Place straps on back of hand



Do Not speak to it as if it is some kind of hand puppet

Place respirator on face



Pull top strap over head onto crown of head



Pull lower strap over head & Place at base of head



Mould to the shape of your nose

Right way



Wrong way



User seal check

Cover respirator with both hands

1. Exhale sharply

- Should feel positive pressure inside respirator
- If leakage, adjust, retest

2. Inhale deeply

- Negative pressure should make respirator cling to face
- If leakage, adjust, retest



Qualitative fit test procedure

Fit Test Steps:

- Sensitivity test
- Fit Test w/ 7 Challenge activities
- Document results

*No food (incl. chew gum) or drink (except water) for >15 minutes before fit test

Qualitative fit test procedure

Materials needed:

- Fit Test kit,
- Range of respirator models and sizes,
- Watch (with second hand),
- Pen,
- Forms for documentation

Sensitivity test



Sensitivity Test Solution

- Inject 10 squeezes of Sensitivity Test Solution
- If detected, and proceed to fit test
- If not tasted, inject an additional 10 squeezes. Repeat once (10 squeezes) more if necessary.
- Record the the individuals Sensitivity Count # squeezes needed (10, 20 or 30).
- Remove hood, and give the the subject >15 minutes to clear the taste

Fit Test Procedure

Have victim:

- Don respirator
- Perform a user seal check
- Wear respirator >5 minutes before starting test

Fit Test Solution



- Inject Sensitivity Count (SC) of Fit Test Solution
- Inject half the SC every 30 seconds throughout the time challenge activities are being performed

Challenge Activities

Perform each for 1 minute

1. Normal breathing
2. Deep breathing
3. Move head side-to-side
4. Move head up and down
5. Talk non-stop
6. Jog in place/Bend over
7. Normal breathing

1. Normal breathing



2. Deep breathing



3. Move head side-to-side



4. Move head up-and-down



5. Talk non-stop



6. Jogging or walking in place



7. Normal breathing



8. OPTIONAL

Have victim reach into hood and break the face seal with finger



If the subject detects the taste....

- Terminate the fit test,
- Wait >30 minutes before repeating test
- Second failure? Try different size or model of respirator

If you did not taste the test solution, smile... you passed!



**Document
results**