

Qualitative Fit Tester Guide

Part 1: Set-up checklist

- Fit testing kit
 - *hood (assembled with collar)*
 - *Nebulizer 1 filled partway with sensitivity solution*
 - *Nebulizer 2 filled partway with fit test solution*
- Templates and Documents
 - *fit testing forms*
 - *record sheet*
 - *certificate templates*
 - *rainbow passage*
 - *Safety Data Sheets*
- Respirators
- Pen
- Disinfectant
- Access to a hand washing station
- Mirror
- Timer or stopwatch
- Drinking water and cups

Part 2: Worker screening questions and check-in

1. Introduce yourself and explain what the fit testing procedure will be like (including the test agent that will be used and how to detect it), why fit testing is required, and the importance of using a respirator that provides an effective, reproducible seal.
2. Does the worker have any medical concerns about wearing a respirator (breathing problems, facial skin issues, claustrophobia, heart disease, etc.)? If so, they should be referred for a medical assessment before completing the fit test.
3. Has the worker eaten, smoked, chewed gum, or drank anything other than water in the last 15 minutes?
4. Has the worker received training on how to don and doff the respirator? If not, instruct them on how to don, seal check, and doff their respirator before completing the fit test.
5. Do you have a respirator of the same size and model that the worker will wear in the workplace - to use for the fit test?
6. Does the worker have any facial hair that will interfere with the respirator's seal?
7. During work, what other PPE or personal effects does the worker typically wear? The fit test should be completed with the worker wearing any items that may obstruct the respirator's seal (i.e., eyewear, bulky clothing, piercings, make up, dentures).

Part 3: Sensitivity Test

1. Ask the worker to don the fit testing hood, positioning it so there is about 6 inches between their face and the hood window.
2. Instruct the worker to breathe through their mouth with their tongue slightly extended, and to raise their hand as soon as they taste the solution.
3. Use Nebulizer 1 to administer the sensitivity solution through the hood opening. The nebulizer should be held upright and for each squeeze the bulb should be fully compressed and allowed to fully expand before compressing it again.
4. Count the number of squeezes it takes for the worker to taste the solution.
5. Stop when the worker indicates they taste the solution or when you reach 30 squeezes.
 - Note the number of squeezes used as the Sensitivity Level.
 - If the worker does not taste the solution by 30 squeezes, they are unable to taste this solution and must be tested with a different solution or with a different fit test method.
6. Ask the worker to wash their hands, face, and lips to remove any residual solution which could interfere with the fit test. Offer them some water to help remove the taste. Allow 5 minutes before beginning the fit test to allow the taste of the solution to completely clear from the worker's mouth.
7. For the fit test, use the table below to determine the initial and replenishing doses that you will use.

Sensitivity Level (# of squeezes)	Fit Test: Initial Dose (# of squeezes)	Fit Test: Replenishing Dose (# of squeezes)
1-10	10	5
11-20	20	10
21-30	30	15

Part 4: Fit Test

1. Ask the worker to don their respirator and complete a seal check. Explain that they must do this without physical or verbal assistance to pass the fit test.
2. Ask the worker to don any other PPE or personal effects that may interfere with the respirator's seal (i.e., eyewear, bulky clothing).
3. Ask the worker to don the fit testing hood, positioning it so there is about 6 inches between their face and the hood window.
4. Follow the schedule below to complete the fit test. Refer to the Sensitivity Test table to determine the initial and replenishing doses that you will use.
 - If at any time during the fit test the worker indicates that they can taste the test agent, stop the test immediately. Allow the worker to wash their face, rinse their mouth, and rest for 15 minutes. Then start the process again, beginning with the Sensitivity Test.
 - If they taste the solution during the second attempt, they have failed the fit test with this respirator. Mark this on your record sheet.
 - You may try fit testing a different respirator model or size on the worker. If unavailable or the worker is unable to pass the fit test with a different respirator, report to the person who is responsible for the organization's respiratory protection program to discuss next steps.

Time	Fit-tester action	Worker action
0 sec	Start timer. Use Nebulizer 2 to fill hood with initial dose.	For the duration of the test, breathe through mouth with tongue slightly extended. Advise fit tester if taste is detected.
30 sec	Add replenishing dose.	
1 min	Add replenishing dose.	Breathe deeply.
1 min 30 sec	Add replenishing dose.	
2 min	Add replenishing dose.	Turn head to the right and take a breath, then turn head to the left and take a breath. Repeat.
2 min 30 sec	Add replenishing dose.	
3 min	Add replenishing dose.	Move head slowly, up and down, while breathing normally.
3 min 30 sec	Add replenishing dose.	
4 min	Add replenishing dose.	Talk out loud. May read rainbow passage or count from one.
4 min 30 sec	Add replenishing dose.	
5 min	Add replenishing dose.	Holding the hood, bend slowly at the waist as if to touch toes. Repeat.
5 min 30 sec	Add replenishing dose.	
6 min	Add replenishing dose.	Breathe normally.
6 min 30 sec	Add replenishing dose.	
7 min	End of fit test.	

5. Ask the worker to put their hand inside the hood and, with one finger, break the seal of the respirator. Ask them to take a breath through their mouth. They will be able to suddenly taste of the solution inside the hood, which will help them understand the respirator's effectiveness.
6. Recap the nebulizer.
7. Record the results on the fit test form and record sheet. Have the worker sign off on it.
8. Fill out the worker's pocket certificate and give it to them.
9. Remind the worker that they will need to be fit tested again in 1 year or if there are any changes to their physical condition that could affect the respirator's fit (e.g. significant weight change or changes to facial or dental features).
10. Ask the worker if they have any questions before they leave.
11. Disinfect the hood and nebulizers before beginning a fit test with another worker.