

What to Expect at your Qualitative Fit Test

What is fit testing?

Fit testing is a procedure that ensures that your respirator fits properly, which is essential to ensure it can protect you from harmful airborne contaminants and bioaerosols.

What will happen when I get fit tested?

Qualitative fit testing is a test based entirely on your ability to smell and/or taste a mist test agent. The test agent may be either sweet or bitter.



The first part of the fit test is performed to see if you have a strong or weak sense of taste with the test agent. To do this, you will put on a fit testing hood and the fit tester will spray the test agent mist into the hood.

Knowing how sensitive you are to the test agent; you will put on your respirator and the fit testing hood for the second part of the fit test. The fit tester will spray the mist into the hood and ask you to do series of exercises designed to test your respirator seal (i.e. head movement, talking, breathing). If by the end of the exercises you do not detect the test agent, you can be confident that your respirator is not leaking and that your respirator fits properly!

How long does fit testing take?

A fit test can take between 20 and 45 minutes. The length of time depends on if any leaks in the respirator seal are discovered, which means you have to start the second part of the fit test again.

What do I need to do to prepare for my fit test?

- Do not eat, drink, smoke, or chew gum 15 minutes before your fit test. The residual taste of these things can interfere with your ability to smell or taste the test agent.
- Be clean-shaven. A respirator cannot make a proper seal with your face if there is any hair between it and your skin.
- Bring or wear any additional PPE or personal effects that you typically wear while you work, including glasses, dentures, make-up, piercings, etc. Some of these items may interfere with your respirator's seal, so the fit test should be done while you are wearing them.