

Fit Testing Instructions

- Medically evaluate before beginning.
- Make sure no hair, apparel, or jewelry that could compromise the fit or prevent contact of the mask to skin.
- Make sure employee has not had anything to eat, drink, chew gum or smoke for 15 minutes before test (other than plain water).
- Prepare Test Solution: use 1 teaspoon or 5 ml of test solution in nebulizer.
- Place hood on without mask and make sure there is about 6 inches/15 centimeters between hood and face of the employee
- **Sensitivity Test/Taste Threshold**
 - Instruct employee to breathe normal with their mouth slightly open and their tongue extended.
 - Spray sensitivity (Saccharin or Bitrex) and instruct employee to notify if taste sweet (saccharin) or bitter (Bitrex). Inject squeezes up to 10x and ask if employee taste the sensitivity. If employee does not taste bitter/sweet, spray the sensitivity 10 more times. If again, spray the sensitivity 10 more times with a total of 30 sprays. If employee does not taste the sensitivity, switch to the other flavor (sweet or bitter) and do the same exact process until employee taste the test. If employee still not taste the test, refer to OH&S.
 - If employee taste test between 1-10 sprays, sensitivity is 10. If employee taste test between 11-20 sprays, sensitivity is 20. If employee taste test between 21-30 sprays, sensitivity is 30. Employee needs to try bitter AND sweet before OH&S referral.
- **The Fit Test:**
 - Educate employee how to put mask on. If employee will be wearing safety equipment (goggles, scrub hat, hair bonnets, glasses), they need to wear with the fit testing. This includes glasses.
 - The mask needs to be worn at least 5 minutes to assess comfort.
 - Explain to employee the process of the test
 - Once mask is on and hood is over employee, spray Saccharin/Bitrex the full amount from sensitivity test (10, 20, or 30).
 - Every 30 seconds after, do half (5, 10, 15). Example: sensitivity is 20. Spray 20x initially and 10x every 30 seconds after.
 - 60 seconds per exercise:
 1. Normal Breathing
 2. Deep Breathing (make sure employee does not hyperventilate)
 3. Turn Head Side to Side (each side employee needs to pause and breath)

4. Turn Head Up and Down (employee needs to pause when looking up towards ceiling and down towards feet)
 5. Talk (Rainbow Passage or count 100 backwards)
 6. Bend at Waist or Jog in place
 7. Normal Breathing
- If first mask does not work, let 15 minutes pass before trying another mask.
 - If employee fails all masks, refer to OH&S