

# PORTACOUNT® ACADEMY

## TIPS & TOOLS

# FIT TESTING PROCEDURE CHECKLIST

APPLICATION NOTE RFT-017

This document is meant to be a general purpose quick reference guide based on the OSHA 29CFR1910.134 Appendix A recommended fit testing procedures as applied to the PortaCount® Pro/Pro+ Respirator Fit Tester. It is not meant to replace the required Fit Test Report/Record. Please refer to OSHA 29CFR1910.134 Appendix A for detailed information on OSHA approved procedures.

The following points are statements taken directly from OSHA 29CFR1910.134 Appendix A, and should be considered prior to, and during each fit test.

- The test shall not be conducted if there is any hair growth between the skin and the facepiece sealing surface, such as stubble beard growth, beard, mustache or sideburns which cross the respirator sealing surface. Any type of apparel which interferes with a satisfactory fit shall be altered or removed.
- If a test subject exhibits difficulty in breathing during the tests, she or he shall be referred to a physician or other licensed health care professional, as appropriate, to determine whether the test subject can wear a respirator while performing her or his duties.
- If the employee finds the fit of the respirator unacceptable, the test subject shall be given the opportunity to select a different respirator and to be retested.

### ✓ Initial review of respirator fit

- Show fit test subject how to don a respirator, how it should be positioned on the face, and how to set strap tension. This general purpose training does not constitute the required formal training for respirator use.
- Use the Real-time Fit Factor Display (*FitPro™ Fit Test Software*) to evaluate potential fit
- Provide a mirror so fit test subject can evaluate the fit and position of the respirator

### ✓ Respirator selection

- Inform fit test subject to choose respirator which provides most acceptable fit
- Have fit test subject hold different respirators up to their face to eliminate those which obviously won't be an acceptable fit
- Take note of the most acceptable respirators selected in case one selected proves unacceptable

### ✓ Prepare selected respirator for Fit Test

- Install Fit Test Adapter
- Attach PortaCount Sample Tubing to Adapter



✓ **Fit Test Subject should don...**

- the selected respirator (*with no assistance*). If fit test subject is unfamiliar with particular respirator, they need to don the mask several times and to adjust the straps each time to become familiar with the proper tension on the straps
- any PPE and/or respirator accessory that has potential to interfere with the face seal
- any eyewear required in the workplace

✓ **Verify Fit of Respirator**

- Fit Test Subject shall seat respirator on face by moving head up and down and side to side slowly while taking in a few slow deep breaths
- Perform User Seal Check (*pinch PortaCount sample tubing briefly*). If User Seal Check fails select different respirator and begin fit test procedures over again

✓ **5 min. User Assessment Comfort Period**

- Review the following points with the fit test subject
  - Position of mask on nose
  - Room for eye protection
  - Room to talk
  - Position of mask on face and cheeks
  
- As the operator, use the following to help determine the adequacy of respirator fit
  - Chin properly placed
  - Adequate strap tension, not overly tightened
  - Fit across nose bridge
  - Respirator of proper size to span distance from nose to chin
  - Tendency of respirator to slip
  - Self-observation in mirror to evaluate fit and respirator position

✓ **Fit Test Exercises**

- Provide a description of the fit test exercises and discuss the test subject's responsibilities during the fit test subject
- Perform fit test exercises as described in Appendix A of OSHA CFR1910.134

Fit Test Exercises	
1. Normal breathing	5. Talking
2. Deep breathing	6. Grimace
3. Turning head side to side	7. Bending over
4. Moving head up and down	8. Normal breathing

- + *All exercises must be performed while the fit test subject remains standing*
- + *The respirator may not be adjusted once the fit test exercises have begun*
- + *The respirator must be donned for at least 5 minutes prior to beginning fit test exercises*

- After fit test exercises are complete, ask the fit test subject if the respirator is still comfortable. If the selected respirator has become unacceptable, select a different respirator and start the fit test over.



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