FitPro+ Fit Testing
RESFT 203

+ Important Considerations
+ Selecting & Reviewing the Respirator
+ Assessing User Comfort & Fit
+ Preparing for Fit Fest Exercises
+ FitPro+ Fit Test Dashboard

Instructor: John Morton
Course Key

Left Click
Prepare PortaCount

1. Insert recently soaked Alcohol Cartridge

2. Connect the twin tube assembly to the blue and silver nozzles

3. Connect Zero filter to the end of the clear mask sample tube

4. Plug in Power Supply
Getting Started

1. Turn the PortaCount on
2. Turn your PC on
   \textcolor{orange}{Wait for both to power up completely}
3. Connect USB Cable
Open the **FitPro+ Software**

1. Double-Click the FitPro+ icon
   - Located on desktop

2. Select No if prompted to run Daily Checks
5 steps BEFORE Fit Test Exercises

1. **Important Considerations**
2. **Respirator Selection & Review**
3. **Install Fit Test Adapter**
4. **Assess Comfort & Fit**
5. **Prepare for Fit Test Exercises**
Fit Testing Procedures

Important Considerations:

+ Confirm there is no hair growth, clothing or jewelry that would interfere with a proper fit

+ If the test subject exhibits difficulty breathing, stop fit test and refer them to a healthcare professional

+ If the employee finds the fit unacceptable they may choose a different respirator
Fit Testing Procedures

Respirator Selection & Review:

+ Choose respirator which provides most acceptable fit
  + Have fit test subject hold different respirators up to their face to eliminate those with obviously unacceptable fit

+ Take note of the most acceptable respirators selected in case one selected proves unacceptable

+ Provide training on how to properly don and doff the respirator
  + Refer to respirator manufacturer for these instructions
  + Use the Real Time Fit Factor Display
Fit Testing Procedures

Install Fit Test Adapter:

www.tsi.com/adapters
Fit Testing Procedures

Assess Comfort and Fit:

*for 5 minutes...*

- Position of mask on the nose
- Room to talk
- Room for eye protection
- Position of mask on face and cheeks
- Chin properly placed
- Respirator proper size to span distance from nose to chin
- Tendency of respirator to slip
- Adequate strap tension, not overly tightened
- Self-observation in mirror to evaluate fit and position
- Fit across nose bridge

+ Conduct User Seal Check
  
  + Verify fit with Real Time Fit Factor
Fit Testing Procedures

Prepare for Fit Test exercises:

+ Give a description of the fit test exercises

<table>
<thead>
<tr>
<th>QNFT Fit Test Exercises</th>
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<tbody>
<tr>
<td>1. Normal Breathing</td>
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<tr>
<td>2. Deep Breathing</td>
</tr>
<tr>
<td>3. Turning Head Side to Side</td>
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<tr>
<td>4. Moving Head Up and Down</td>
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<tr>
<td>5. Talking</td>
</tr>
<tr>
<td>6. Grimace (OSHA only)</td>
</tr>
<tr>
<td>7. Bending Over</td>
</tr>
<tr>
<td>8. Normal Breathing</td>
</tr>
</tbody>
</table>
Fit Testing Procedures

Prepare for Fit Test exercises:

- Give a description of the fit test exercises
- Don any applicable safety equipment that may be worn during actual respirator use
- Prepare FitPro+ software
Fit Test Dashboard

+ Select
Start a Fit Test
Fit Test Dashboard

1. Protocol
2. Operator
3. Person
4. Respirator
5. Size
6. Select Start
Fit Test Dashboard
Fit Test Dashboard
5 steps BEFORE Fit Test Exercises

1. Important Considerations
2. Respirator Selection & Review
3. Install Fit Test Adapter
4. Assess Comfort & Fit
5. Prepare for Fit Test Exercises
Additional Training Material

Online Training Center

- Available at the PortaCount Academy website; www.tsi.com/PCacademy

Answers

- Available at www.tsi.com/PCacademy and www.tsi.com/portacount