

N95 and Fit Testing Basics

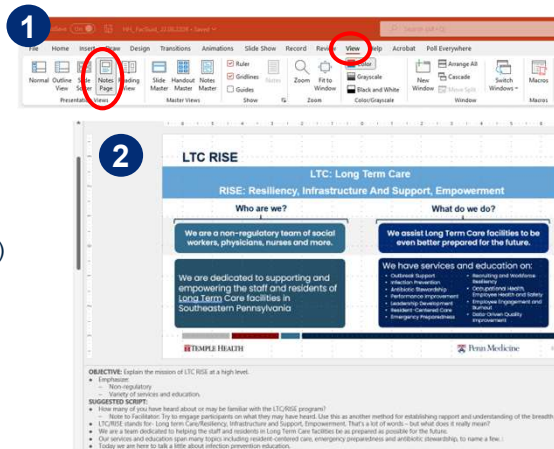
Facilitator Guide



How to Use This Facilitator’s Guide

▶ **Printing out copies is not required.**

- If you can, bring a print out of:
 - Slide 4 (session sign)
- You may want to print out the presentation for your own use. We recommend using Notes View (see picture 1)
- If you can't print anything out – no worries! You can view the notes on your phone or laptop.



▶ Each slide has a guide in the notes section.

- You can see guide at the bottom of slides (see picture 2) or note view
- Each slide has an “Objective”. This is the main point you want to make sure participants understand.
- There are “Facilitator Notes” throughout the Suggested Scripts. These are tips, or question answers for you as facilitator to use.



Before Your Meeting

For Facilitator Use Only

Schedule Presentation

- Confirm:
 - Date and time for presentation
 - Presentation is for staff
 - The session will be 30 minutes
 - A separate room or space is preferred



Prepare for Presentation

- Gather Materials
 - Pens
 - Sign in sheet
 - Hand sanitizer
 - N95 mask
 - Optional:* Printed Session Sign
 - Optional:* Paint-safe tape
 - Optional:* Print out of notes pages of presentation



Set up Presentation

- Set up space:
 - Clean workspace
 - Space chairs appropriately
 - Optional:* Display session sign



Welcome
to the
Long Term Care RISE
PennMedicine | TEMPLE HEALTH
Session on
N95 and Fit Testing Basics



- **Optional:** Hang this print out on the door of your meeting room



OBJECTIVE: Establish friendly connection with participants

SUGGESTED SCRIPT:

- Good Morning/Good Afternoon. My name is [FACILITATOR NAME].
- I am a [FACILITATOR ROLE].
- Our presentation for today is on **N95 and Fit Testing**. We know this is a topic you may already be familiar with so today will be a refresher for some and may provide new information and insight for others.
- Please make sure you have signed in.

What is Fit Testing? Why is it Important?

▶ What is Fit Testing?

- Fit Testing is the process to determine the proper fit and seal of an N95 or another respirator.

▶ Why is it important?

- Fit testing ensures everyone is using the brand and size respirator that provides the best seal and protection.
- OSHA regulation (29 CFR 1910.134) requires a fit test for anyone using an N95 or other respirator
- Respirators are designed to filter 95% of particles in the air. This provides protection against airborne pathogens, like COVID 19 and tuberculosis.
 - If respirators do not fit correctly, they cannot work correctly

OBJECTIVE: Explain the definition and importance of Fit Testing

SUGGESTED SCRIPT:

- What is Fit Testing?
 - Facilitator Note: Give people time to reply. Try to engage the participants. If no one answers, you may want to add “Has anyone gotten a fit test?”
- Why is it important?
- Fit Testing:
 - Ensures that the wearer is using the brand and size respirator that will provide the best seal – and therefore the greatest amount of protection.
 - Is required by OSHA regulations for anyone using an N95 or other respirator
 - Makes sure that the respirator is able to do it’s job – protect the wearer against airborne pathogens like COVID 19 and tuberculosis

Fit Test Facts

How often should staff be Fit tested?

- At least yearly
- After any significant weight gain or loss
- After facial surgery or significant facial injury
- For every brand and size of N95 used in your facility

What do I need to do before being Fit tested?

- Do not eat, drink or smoke for 15 minutes before being fit tested
- Facial hair must be cleaning shaven

Can everyone be Fit tested?

- A medical review is done prior to fit testing to rule out any contraindications.

Once fit tested, can I use any brand/ make/ model respirator?

- Successful fit test only qualifies you for the brand/make/model/size used during the test

Do I need to be Fit tested if I just did a seal check?

- Yes. Seal checks do not replace Fit testing.
- Seal checks should be completed every time a new N95 is donned.

OBJECTIVE: Explain the definition and importance of Fit Testing

SUGGESTED SCRIPT:

- Review the details on the slide

What is the exact procedure for getting fit tested? What can I expect?

- ▶ Medical evaluation questionnaire
- ▶ Annual fit testing (~5-10 minutes)
 - Sensitivity test
 - Seal check
 - Breathing exercises
- ▶ Training

Link: [CDC Fit Testing FAQs](#)



Worker receiving qualitative fit testing.

OBJECTIVE: Understand the different aspects involved with the fit testing process

SUGGESTED SCRIPT:


- There are three parts of the fit testing process.
- Prior to fit testing, a medical evaluation questionnaire must be filled out to assure it is safe for the employee to use an N95
- The medical evaluation questionnaire should be reviewed either by a physician or other licensed health care professional who is not your supervisor or employer
- The actual fit testing procedure consists of a sensitivity test to determine whether you can taste the solution used in the testing process.
- This is followed by a seal check, to assure the N95 mask is appropriately fitted to your face
- Finally, breathing exercises are performed to assess whether the N95 is filtering particles away from your mouth and nose as it is designed to do.
- Fit testing should be accompanied by training on proper use of an N95

User Seal Check

[Fit Test FAQs | NPPTL | NIOSH | CDC](#)

Putting on a mask with head straps

Inspect the mask. Before putting on a mask, first inspect it for damage. Do not use a mask that appears damaged.

-  **1. Wash your hands** or use hand sanitizer before putting on your mask.
-  **2. Position the mask** in your hand with the nose pieces at your fingertips. (Most masks designed to seal to the face have a thin metal or plastic bar at the top of the device)
-  **3. Cup the mask** in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.
-  **4. The top strap** (on single or double strap respirators) goes over and rests at the back of your head near the crown. The bottom strap is then positioned around the neck and below the ears. Do not crisscross the straps.
-  **5. Place your fingertips** from both hands at the top of the nose clip. Slide down both sides of the strip to mold the nose area to the shape of your nose.

Check the Seal. Check the seal of the mask to the face. Place both hands over the mask, take a quick breath in to check the seal. Breathe out. If you feel a leak when breathing in or breathing out, there is not a proper seal.

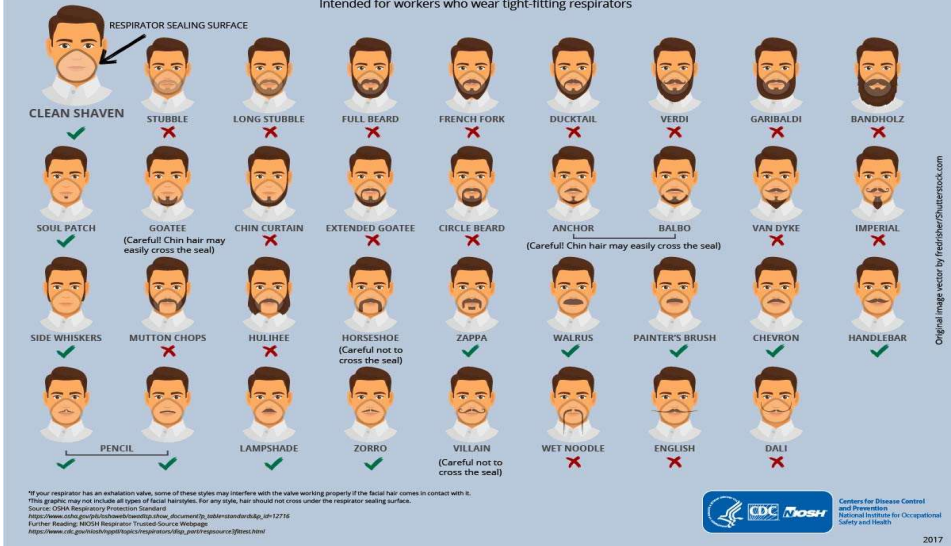
Image credit: The CDC (<https://blogs.cdc.gov/publichealthmatters/2013/05/using-a-respirator/>.)

SUGGESTED SCRIPT:

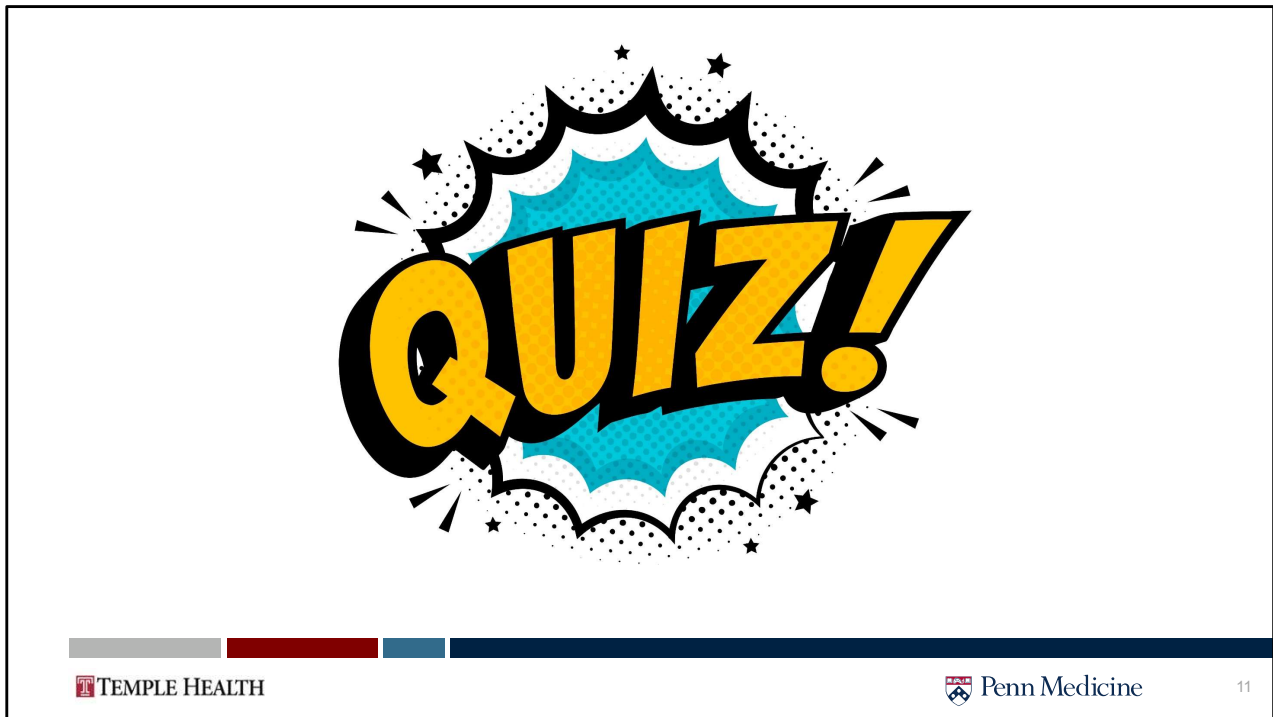
- Facilitator Note: Perform seal check demonstration
- [Frequently Asked Questions about Respiratory Protection, User Seal Check | NIOSH | CDC](#)

Facial Hairstyles and Filtering Facepiece Respirators

Intended for workers who wear tight-fitting respirators



- The above guide demonstrated the types of facial hairstyles that will and will not affect the seal of a tight fitting respirator



OBJECTIVE: To confirm the participants understand the key lessons on Fit testing.

SUGGESTED SCRIPT:

- Pop quiz!
- These questions are True/False. If you think it is true, give me a thumbs up. If it is false, give me a thumbs down.
- I only need to be fit tested once. FALSE (yearly, after weight changes or facial surgery, for every new brand of mask)
- I have asthma, I cannot be fit tested. FALSE (a medical review will be done to ensure an N95 is safe for each individual, pre existing conditions do not necessarily preclude use of a respirator)
- A properly fit and donned N95 will help protect me from airborne pathogens. TRUE



OBJECTIVE: To give participants time to ask any questions they may have.

SUGGESTED SCRIPT:

- What questions do you have about what you learned today?
 - Facilitator note: By asking in this way, rather than “does anyone have any questions” you are showing that you assume people will have questions, which will make participants more likely to ask questions if they have one.



SUGGESTED SCRIPT

- Thank you for your participation today! That concludes our presentation on Hand Hygiene for healthcare workers!
- We truly appreciate your time and participation.
- Please remember to sign in the attendance sheet
 - **Facilitator Note:** Wipe Down surfaces touched; Leave area like you found it. Provide Leave Behinds and/or copy of presentation