





# 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

# 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.

# 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](#)



Photo: Hayward Health, Inc.

*Worker receiving qualitative fit testing.*

# 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.



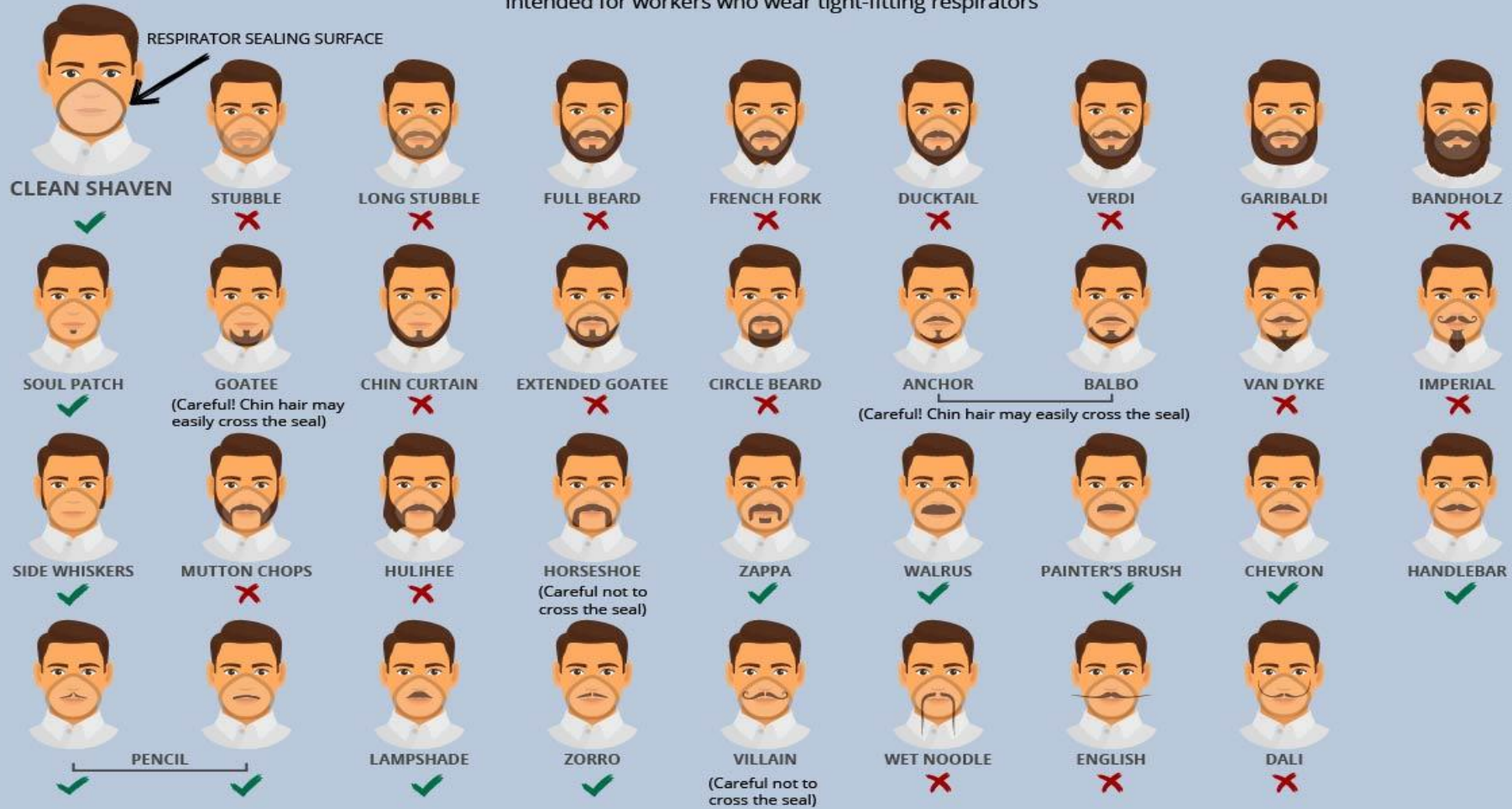
5. **Place your fingertips from both hands at the top of the nose clip. Slide down both sides of the strip to mold the nose area to the shape of your nose.**

**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.



# Facial Hairstyles and Filtering Facepiece Respirators

Intended for workers who wear tight-fitting respirators



Original image vector by frederisher/Shutterstock.com

\*If your respirator has an exhalation valve, some of these styles may interfere with the valve working properly if the facial hair comes in contact with it.  
 †This graphic may not include all types of facial hairstyles. For any style, hair should not cross under the respirator sealing surface.  
 Source: OSHA Respiratory Protection Standard  
[https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=standards&p\\_id=12716](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=standards&p_id=12716)  
 Further Reading: NIOSH Respirator Trusted-Source Webpage  
[https://www.cdc.gov/niosh/nppt/topics/respirators/disp\\_part/respsource3ffitest.html](https://www.cdc.gov/niosh/nppt/topics/respirators/disp_part/respsource3ffitest.html)



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**QUIZ!**





THANK YOU