

OSHA-Accepted Fit Test Protocols

Fit Testing Procedures

The community is required to conduct fit testing for each team member wearing a respirator mask (N95 or KN95). The GM or their designee will be responsible for ensuring this test is completed. The below requirements apply to the OSHA-accepted Qualitative fit test methods which is to be used by each Solvere community.

Procedure:

1. The team member will pick the N95 or KN95 masks that correctly fits them. Each respirator mask represents a different size and shape, and if fitted and used properly, will provide adequate protection.
2. Prior to the selecting the mask, the team member will be shown how to put on a respirator mask, how it should be positioned on the face, how to set strap tension and how to determine an acceptable fit. A mirror shall be available to assist the team member in evaluating the fit and positioning of the respirator.
3. The team member will be instructed to hold each chosen facepiece up to the face and eliminate those that obviously do not give an acceptable fit.
4. The most comfortable mask is donned and worn at least five minutes to assess comfort. Assistance in assessing comfort can be given by discussing the points in the following item A.6. The team member may not be familiar with using a particular respirator masks and will be directed to don the mask several times and to adjust the straps each time to become adept at setting proper tension on the straps.
5. Assessment of comfort shall include a review of the following points with the team member and allowing the then adequate time to determine the comfort of the respirator mask:
 - (a) Position of the mask on the nose
 - (b) Room for eye protection
 - (c) Room to talk
 - (d) Position of mask on face and cheeks
6. The following criteria shall be used to help determine the adequacy of the respirator fit:
 - (a) Chin properly placed;
 - (b) Adequate strap tension, not overly tightened;
 - (c) Fit across nose bridge;
 - (d) Respirator of proper size to span distance from nose to chin;

- (e) Tendency of respirator to slip;
- (f) Self-observation in mirror to evaluate fit and respirator position.

7. The team member will conduct a user seal check, either the negative and positive pressure sea. Before conducting the negative and positive pressure checks, the subject shall be told to seat the mask on the face by moving the head from side-to-side and up and down slowly while taking in a few slow deep breaths. Another facepiece shall be selected and retested if the test subject fails the user seal check tests.

9. 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.

10. If a team member 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 they can wear a respirator while performing her or his duties.

11. If the GM or designee finds the fit of the respirator unacceptable, the team members will be given the opportunity to select a different respirator mask and to be retested.

12. Exercise regimen. Prior to the commencement of the fit test, the team member will be given a description of the fit test and the team members responsibilities during the test procedure. The description of the process shall include a description of the test exercises that the subject will be performing. The respirator to be tested shall be worn for at least 5 minutes before the start of the fit test.

13. The fit test shall be performed while the team member is wearing any applicable safety equipment that may be worn during actual respirator mask use which could interfere with respirator fit.

14. Test Exercises.

For fit testing methods, GM's and/or designee ensures that the test exercises are performed in the appropriate test environment in the following manner:

- (1) Normal breathing. In a normal standing position, without talking, the subject shall breathe normally.
- (2) Deep breathing. In a normal standing position, the subject shall breathe slowly and deeply, taking caution so as not to hyperventilate.
- (3) Turning head side to side. Standing in place, the subject shall slowly turn his/her head from side to side between the extreme positions on each side. The head shall be held at each extreme momentarily so the subject can inhale at each side.
- (4) Moving head up and down. Standing in place, the subject shall slowly move his/her head up and down. The subject shall be instructed to inhale in the up position (i.e., when looking toward the ceiling).

(5) Talking. The subject shall talk out loud slowly and loud enough so as to be heard clearly by the test conductor. The subject can read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song.

Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond reach, his friends say he is looking for the pot of gold at the end of the rainbow.

(6) Bending over. The test subject shall bend at the waist as if he/she were to touch his/her toes. Jogging in place shall be substituted for this exercise in those test environments such as shroud type QNFT or QLFT units that do not permit bending over at the waist.

(7) Normal breathing. Same as exercise (1).

(b) Each test exercise shall be performed for one minute. The team member will be questioned by the test conductor regarding the comfort of the respirator upon completion of the protocol. If it has become unacceptable, another model of respirator mask shall be tried. The respirator shall not be adjusted once the fit test exercises begin. Any adjustment voids the test, and the fit test must be repeated.