Fit Testing Guidance

Sensitivity Test

• Use Sensitivity solution and matching atomiser
• Remind person to breathe through mouth with tongue at front.
• Say ... “Tell me immediately when you can taste it”

1-10 Squeezes If not tasted, Repeat
11-20 Squeezes If not tasted, repeat
21-30 Squeezes STOP if not tasted, switch to bitrex

Fit Test

• Use stronger Fit Test solution of same type (saccharin or bitrex).
• Fit test participants will now be wearing N95 Respirators.
• Remind person to breathe open mouth with tongue at front and keep hood on.
• Repeat again ... “Tell me immediately when you can taste it”

Start 10, 20 or 30 squeezes
During test Half = 5, 10 or 15 squeezes
Excercises (7) Breathe normally
Breathe more deeply
Head side to side
Head up and down
Bending over (Before, remind participants to hold hood)
Talking
Breathe normally
The Fit Test (7 Tests)

1. Breathe normally
2. Breathe deeply
3. Head side to side
4. Head up and down
5. Bent over at waist
6. Talking
7. Breathe normally

If participants taste solution, STOP, then either:
- Readjust mask,
- Try different size,
- Try different type of mask

and conduct fit test again.

If no mask will fit, provide information on PAPR usage to participant and record fail on fit test record.