

# N95 Fit Testing Competency Evaluation

## Before fit testing

- Medical clearance: Fit tester ensured each staff to be fit tested has been medically cleared to do so.
- Facial hair: Fit tester is aware that 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 that cross the N95 sealing surface.
- Food, drink, and tobacco: The fit tester ensured that staff has not had food, drink, or tobacco 15 minutes before the sensitivity test.
- Choosing a respirator: The fit tester is aware of having a sufficient number of models and sizes so that the respirator correctly fits staff.
- N95 training: Staff members shall be shown how to properly don and doff their N95. A mirror shall be available to assist the fit tester in evaluating the fit and positioning of the respirator.
- Assessment of comfort: The fit tester must evaluate the comfort and fit of the N95 before performing the fit test:
  - Position of the mask on the nose
  - Room for eye protection
  - Room to talk
  - Position of the mask on the face and cheeks
- User seal checks: The fit tester showed staff how to perform positive and negative pressure user seal checks.
- Difficulty breathing: The fit tester is aware that if staff exhibit difficulty in breathing during the tests, they shall be referred to a physician or other licensed healthcare professional, as appropriate, to determine whether staff can wear a respirator while performing their duties
- Additional PPE and glasses: The fit test shall be performed while the staff is wearing any applicable safety equipment or spectacles that may be worn during actual N95 use, which could interfere with the fit.

## Fit test

- Sensitivity test using diluted or pre-diluted sensitivity solution. No respirator is used during sensitivity testing. The hood must be used. If staff does not taste the solution after 30 squeezes, stop the test and consider using another chemical. (If staff tasted the solution less than 10 times, you can stop the test, but you must document 10 squeezes. If 11-20, document 20. If 21-30, document 30).
- The staff selected the proper respirator and checked the fit.
- Use fit test solution: The fit tester begins by squeezing the minimum number of 10 times inside the hood. If the employee needs 20 or 30 squeezes to taste the solution, you must begin with the appropriate number of squeezes.
- The fit tester continued to inject ½ of the original number of squeezes (5, 10, or 15) every thirty seconds.
- The fit tester had staff perform exercises while standing (1 minute each):

- Normal breathing
- Deep breathing
- Head turn side-to-side, inhale at side
- Head up and down, inhale at head up
- Bending over
- Talking (Rainbow Passage)
- Normal Breathing

## Post fit test

- Staff shall be questioned by the fit tester regarding the comfort of the respirator upon completion of the protocol.
- If the taste of saccharin or Bitrex is detected, the fit is deemed unsatisfactory, and the test is failed. A different respirator shall be tried, and the entire test procedure will be repeated (taste threshold screening and fit testing).
- The fit tester documented whether the staff passed or failed the fit test.

## Annual considerations for fit tester

- Per OSHA regulations, testing must be performed initially (before the employee is required to wear the respirator in the workplace) and must be repeated at least annually.
- Fit testing must also be conducted whenever respirator design or facial changes occur that could affect the proper fit of the respirator (e.g., weight loss, cosmetic surgery, facial scarring, etc.).
- Respirator maintenance: storage, inspection, and disposal.
- The fit tester is aware of requiring annual respiratory training for all staff that is required to wear an N95 as part of their respiratory program.

## References

- OSHA Appendix A to § 1910.134 - Fit Testing Procedures (Mandatory), Part I. OSHA-Accepted Fit Test Protocols, A. Fit Testing Procedures - General Requirements  
<https://www.osha.gov/laws-regulations/regulations/standardnumber/1910/1910.134AppA>
- OSHA § 1910.134 – Respiratory Protection  
<https://www.osha.gov/laws-regulations/regulations/standardnumber/1910/1910.134>
- Fit testing kit manufacturer instructions for use

Name of LHD staff completing competency evaluation:

Name of facility staff being evaluated:

Date of completion: