

EHS Respirator Fit Testing Procedures

1. EHS follows applicable hygiene practices, such as frequent hand washing and wearing of disposable nitrile gloves, while handling fit test equipment and respirators. Fit test equipment will be wiped down with disinfecting wipes before the session and between each fit test participant. Hand sanitizer is available for use.
2. In general, only the fit tester and the employee/student being tested will be allowed in the room at one time. For larger rooms, individuals waiting to be fit tested can wait in the room if they choose to do so. The employee/student being fit tested will sit at a designated seat during the assessment.
3. The fit tester will install the tubing to the probe (for N95 respirators) or attach respirator cartridges with tubing connected (for half- or full-face masks) onto the respirator that the employee/student brings with them to the fit test.
4. Employee/student are expected to bring their own respirator (NIOSH-approved or CSA-certified N95 or elastomeric half-face/full-face mask). For elastomeric respirators, P100 respirator filter cartridges will be provided by EHS for fit testing purposes.
5. If the employee/student does not bring their own N95 and/or elastomeric respirator to the fit test, the fit tester will fit the individual on a default model(s) provided by EHS.
6. The employee/student will be given instructions on how to don the respirator. A mirror to assist with wearing the respirator may be provided.
7. The fit test assessment consists of 7 breathing exercises guided by the software. During this assessment, the fit tester will monitor and provide instructions to the employee/student.
8. After the fit test is complete, and with the employee/student still wearing the respirator, the fit tester will demonstrate how to properly perform a positive and negative pressure seal check (see Resources section below for additional guidance).
9. The employee/student will then doff the respirator and pass the respirator back to the fit tester. The fit tester will remove the tubing and/or respirator cartridges (if applicable).
10. N95 respirators which have been used for the fit test will be disposed. For half- or full-face respirators, the fit tester will demonstrate how to properly disinfect the elastomeric respirator and respirator cartridges using a respirator cleaning wipe.
11. A fit test wallet-size certificate card will be given to the staff/student upon successful completion of the fit test.
12. **Reminders** – employee/student must be clean shaven, have taken the online training, and provide their completed respirator user screening form prior to their fit test. Individuals should present themselves for fit testing in the same personal condition they expect to be in when using the respirator, including any personal protective equipment (PPE) and personal effects/accessories. This includes hearing, face/eye, and head protection, hair styles (e.g., ponytails), head coverings, and wearing of dentures/braces/aligners (e.g., Invisalign), prescription glasses, or contact lenses. EHS has a few models of PPE available (i.e., safety goggles and glasses, overhead earmuffs) if the employee/student requests them for the purpose of the fit-testing, but best practice is for the employee/student to bring the actual models they use during the activity.

Resources

1. EHS Respirator Wearing Guide - How to Don/Doff Respirators (website):
<https://ehs.utoronto.ca/respirator-wearing-guide/>
2. EHS Spectacle Kits for Full-Face Respirators (website):
<https://ehs.utoronto.ca/spectacle-kits-for-full-face-respirators/>