

RESPIRATOR FACE PIECE FIT TESTING

Test Exercise Purpose

Respirator Face Piece Fit Testing requires the subject to simulate on-the-job movements while wearing the respirator. Exercises resemble normal movements at work, especially those associated with face piece leakage

Procedure

Before test exercise begins, the subject should have selected a respirator as outlined in SOP: "Selection of a Respirator for Comfort." The subject should be ready for fit testing, with the respirator on. Exercises that are to be performed are listed below. Each exercise should be performed for at least 30 seconds. A copy of the list of exercises can be hung inside the fit test chamber. The instructor should be certain that that test subject performs each exercise correctly.

Test Exercises

1. Direct the test subject to breath normally.
2. Direct the subject to breath deeply, with full, regular breaths.
3. Direct the subject to turn her/his head from side to side, with full range of motion and one turn about every second.
4. Advise the subject to avoid bumping the respirator on shoulders.
5. Have the test subject inhale when the head is turned to either side.
6. Direct the subject to nod the head up and down, with full range of motion and one nod about every second.
7. Advise the subject to avoid bumping the respirator on the chest.
8. Direct the subject to talk. For example, ask him/her to read the following "Rainbow Passage," aloud and slowly.

Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. A 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 his reach his friends say he is looking for the pot of gold at the end of the rainbow.

9. Other exercises (such as running in place, bending over, moving the head while reaching, etc.), may be added to enhance the adequacy of this test as a simulation of on-the-job movement.