

# N95

# FIT TESTING

## for the Hearing Impaired

# Introduction

The fit test checks the seal of the N95. We will place a see-through hood over your head and spray a bitter or sweet solution inside the hood. If you taste the solution while wearing your N95, it means the seal broke and the N95 will not protect you.

## **Before the fit test, you need to:**

- Complete a medical questionnaire. A medical provider must evaluate it to see if it is safe for you to wear an N95.
- Complete your facility's employee Respirator Training program

## **There are two parts:**

### **1. The Sensitivity Test -**

Tests if you can taste the solution (either bitter or sweet).

### **2. The Fit Test Exercises -**

Test the seal of the N95 while doing normal activities (like breathing, moving your head, bending over, etc.)

If you taste the solution during the fit test exercises, raise your hand immediately. The fit tester will stop the test. You may need to try a different N95.

Do you have any questions?

**Let's get started!**

# STEP 1 - Before the Fit Test

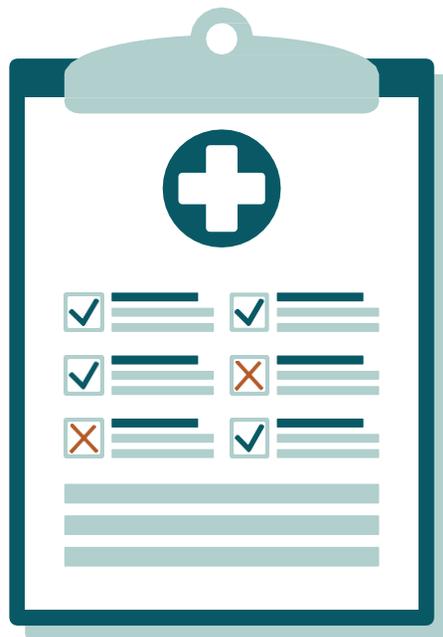
The answer to this question will determine whether you can be tested at this time.

Have you completed your medical evaluation?

**If yes**, raise your hand.

**If no**, tell your supervisor. You need to complete it before you can be fit tested.

- The medical evaluation has questions about your heart and lungs.



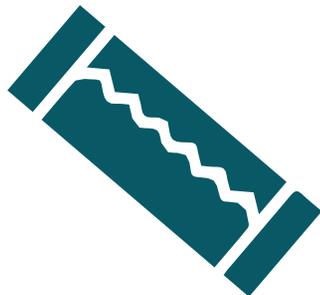
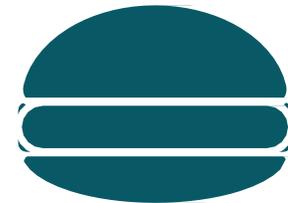
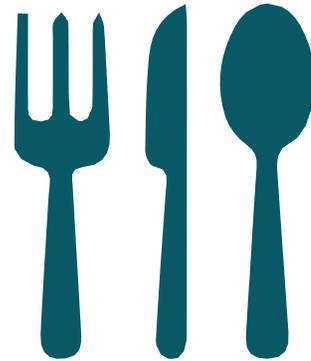
- A provider reviews your answers and lets us know if it is safe for you to wear an N95.



# STEP I - Before the Fit Test continued

The answer to this question will determine whether you can be tested at this time or must wait for 15-minutes.

- Have you had anything by mouth besides plain water in the last 15 minutes?



# STEP 1 - Before the Fit Test continued

If you have a beard, we cannot fit test you. You will need to shave first. If there is a reason you cannot shave, tell your supervisor.



# STEP 2 - Sensitivity Test

Finding out if you can taste the sensitivity solution (which is either bitter or sweet).

- Fit tester will put a hood on your head.
- You will not have your mask on.



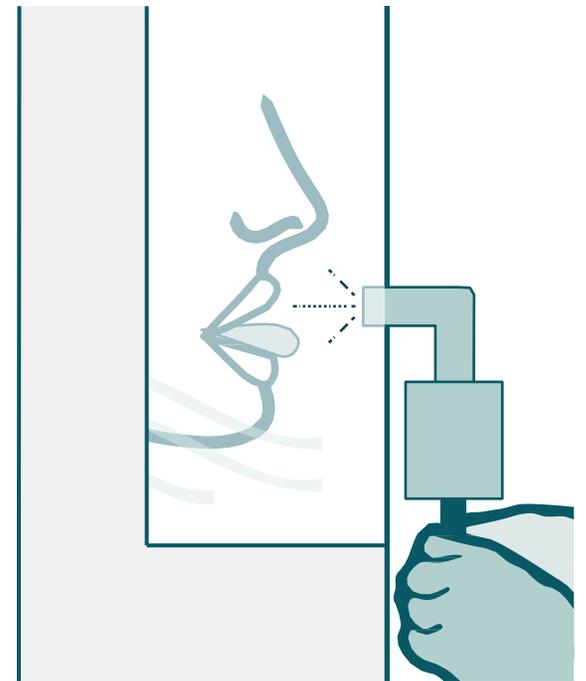
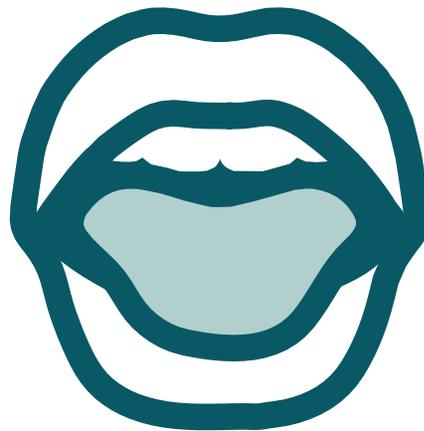
# STEP 2 - Sensitivity Test continued

## You

- Open your mouth, stick your tongue out just a little. Breathe through your open mouth.

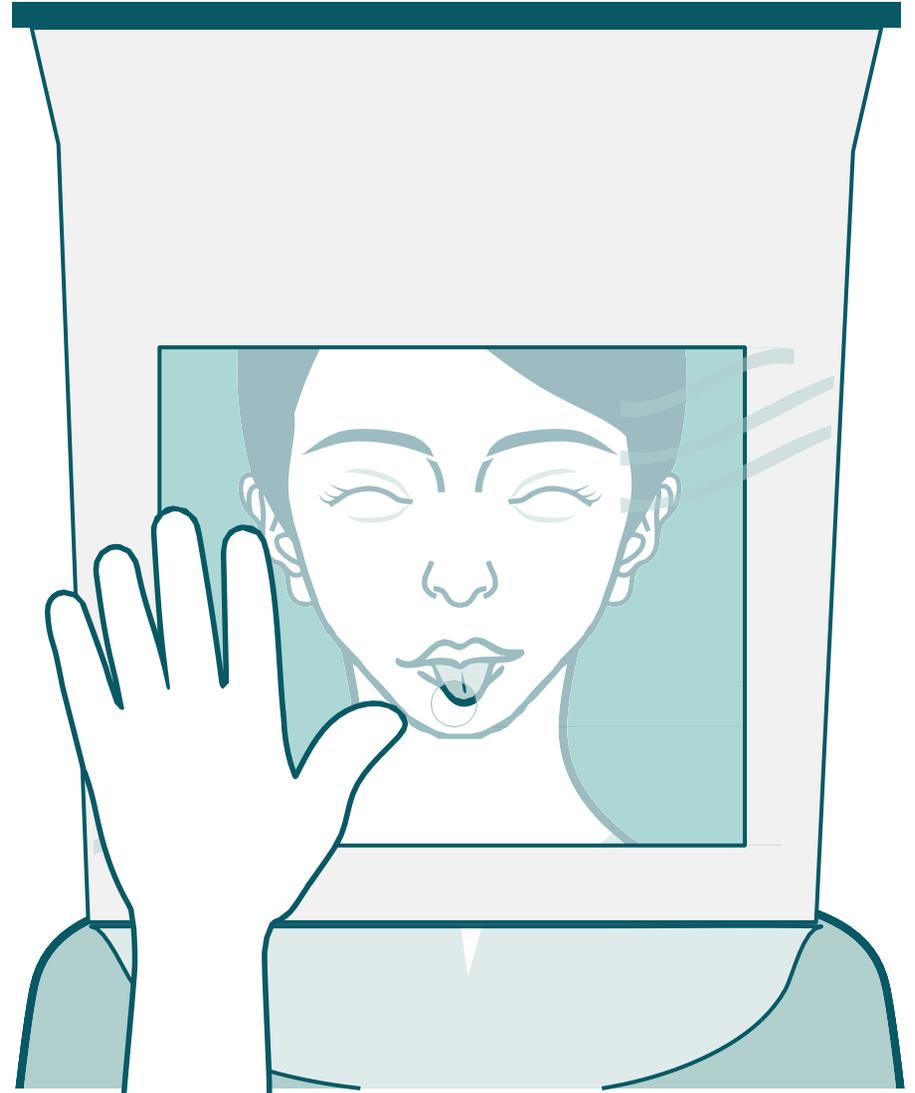
## Fit tester

- Will squeeze the solution into the hood.



## STEP 2 - Sensitivity Test continued

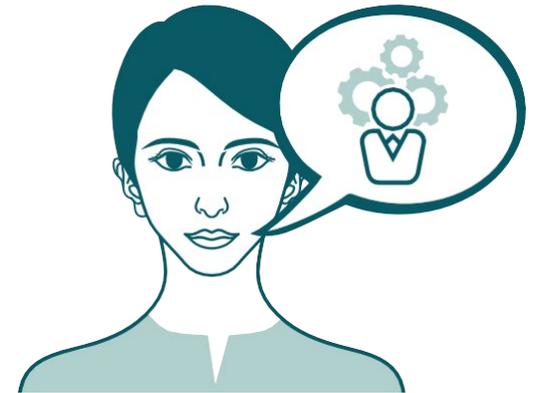
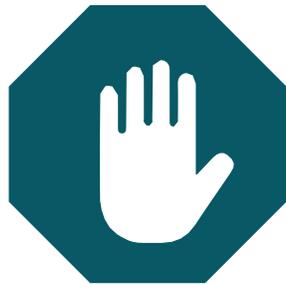
- As soon as you taste the solution, raise your hand.
- Until you raise your hand, the fit tester will continue to spray the solution.



# STEP 2 - Sensitivity Test continued

## If you do not taste the solution:

- Because you don't taste the solution we have to stop the test today. We won't be able to fit test you.
- We can try again on another day.
- Tell your supervisor you cannot wear an N95 at this time.



## STEP 2 - Sensitivity Test continued

- As soon as you raise your hand, the fit tester will take the hood off.



## STEP 2 - Sensitivity Test continued

- Rinse out your mouth and wipe around your lips with a wet towel to remove any solution.



# STEP 3 - Donning

## Put on your N95.

- Show the fit tester how you inspect your N95.



- Top strap goes high on top your head. Bottom strap goes around your neck.
- Be sure no hair is under the bottom strap. Use the mirror to check strap placement.



## STEP 3 - Donning continued

Mold the metal strip over the bridge of your nose.

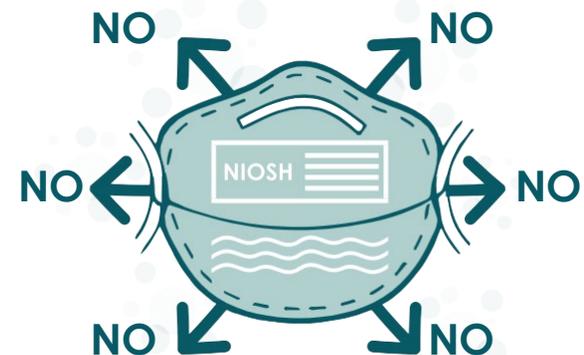
- Start at the center and press firmly along the metal strip using both hands. **Do not pinch the metal strip.**



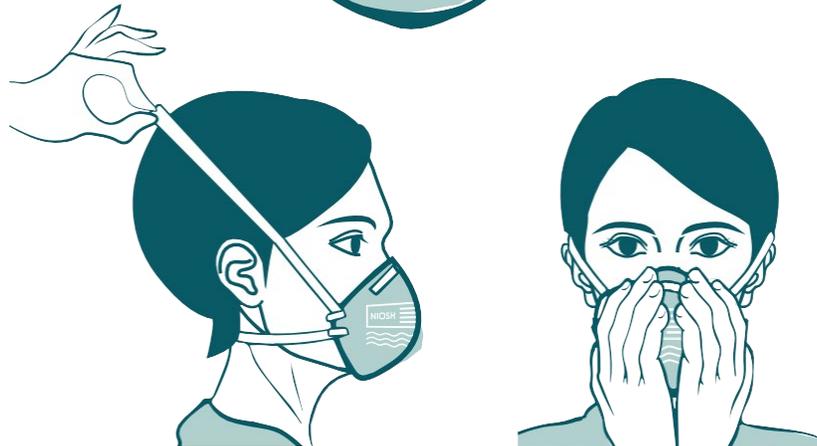
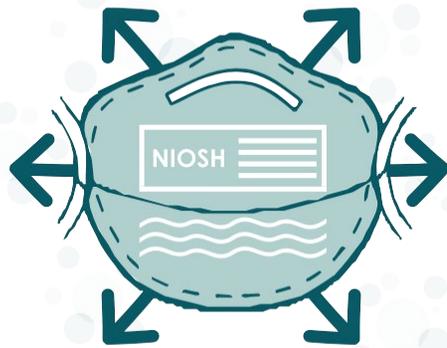
# STEP 3 - Donning continued

## Perform a seal check.

- Lightly place both hands on the surface of the N95. Breathe out (like blowing out a candle) and breathe in sharply.
- **Note** if air escapes onto face while exhaling.
- When you breathe out, raise your hand if you feel air escape onto your face, chin, or into your eyes. You may need to do this a couple times.
- When you breathe in sharply, the N95 should collapse a little.



## STEP 3 - Donning continued



If you feel air escaping onto your face, chin, or into your eyes, try the following:

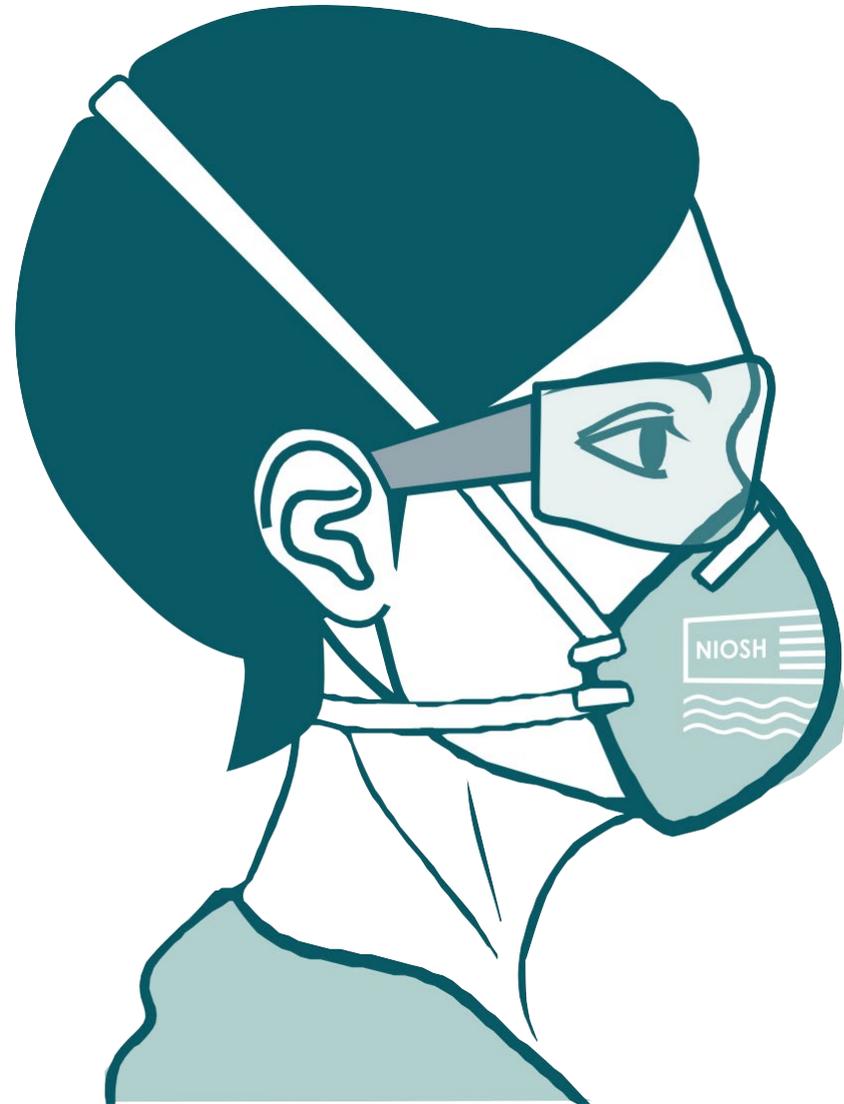
- Re-mold the metal strip.
- Reposition the straps on your head. Make sure the top strap is high on the top of your head.
- Adjust how the N95 sits on your face.

After the adjustments, repeat the seal check.

If air still escapes, raise your hand. You may need to try a different N95.

## STEP 3 - Donning continued

- The straps should be directly on your face, head and neck. Glasses, hair coverings, etc., should be over the straps.



---

**There is a 5-minute waiting period  
before the it test begins.**



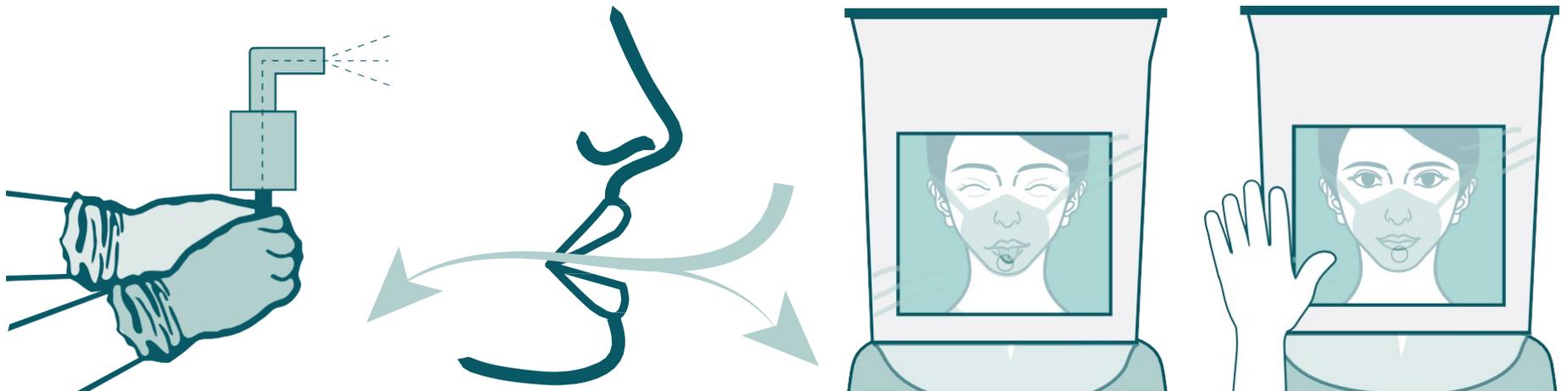
# STEP 4 - Fit Test Exercises

## NOW WE WILL START THE FIT TEST EXERCISES

There are seven exercises. Each will last for at least one minute. The fit tester will spray solution into the hood during each exercise.

### Throughout the fit test exercises:

- Breathe through your open mouth until the fit test is over.
- Raise your hand immediately if you taste the solution.
- If you have any difficulties during the exercises, raise your hand and the fit tester will stop the test.



# **STEP 4 - Fit Test Exercises** continued

**1. Normal Breathing**

**2. Deep Breathing**

**3. Turn Head Side To Side**

**4. Move Head Up And Down**

**5. Talk Out Loud (use your voice)**

**6. Bend Over/Stand Up (Or Jog In Place)**

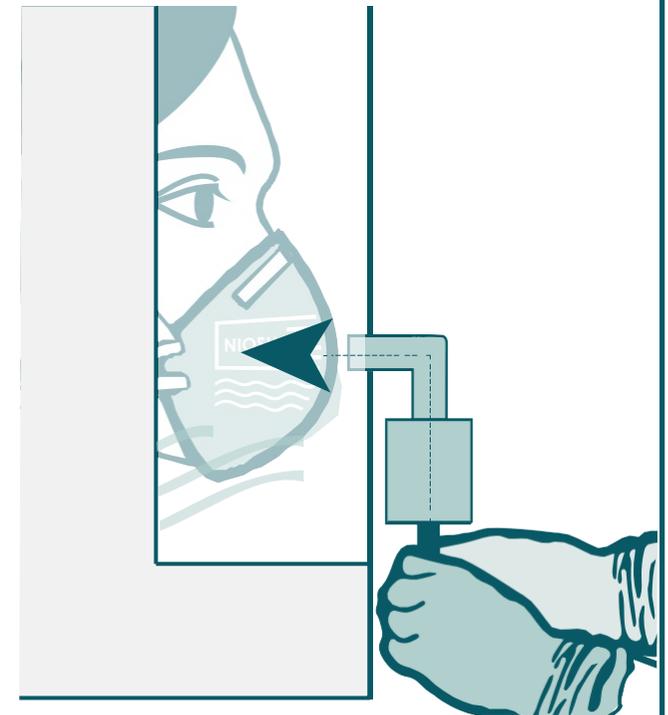
**7. Normal Breathing**

# STEP 4 - Fit Test Exercises

For all the next exercises, continue performing the exercise until the tester tells you to stop. The tester will spray more solution into the hood. If you taste the solution, raise your hand immediately.

Keep your mouth open with tongue slightly sticking out. Breathe through your mouth until the tester takes off the hood.

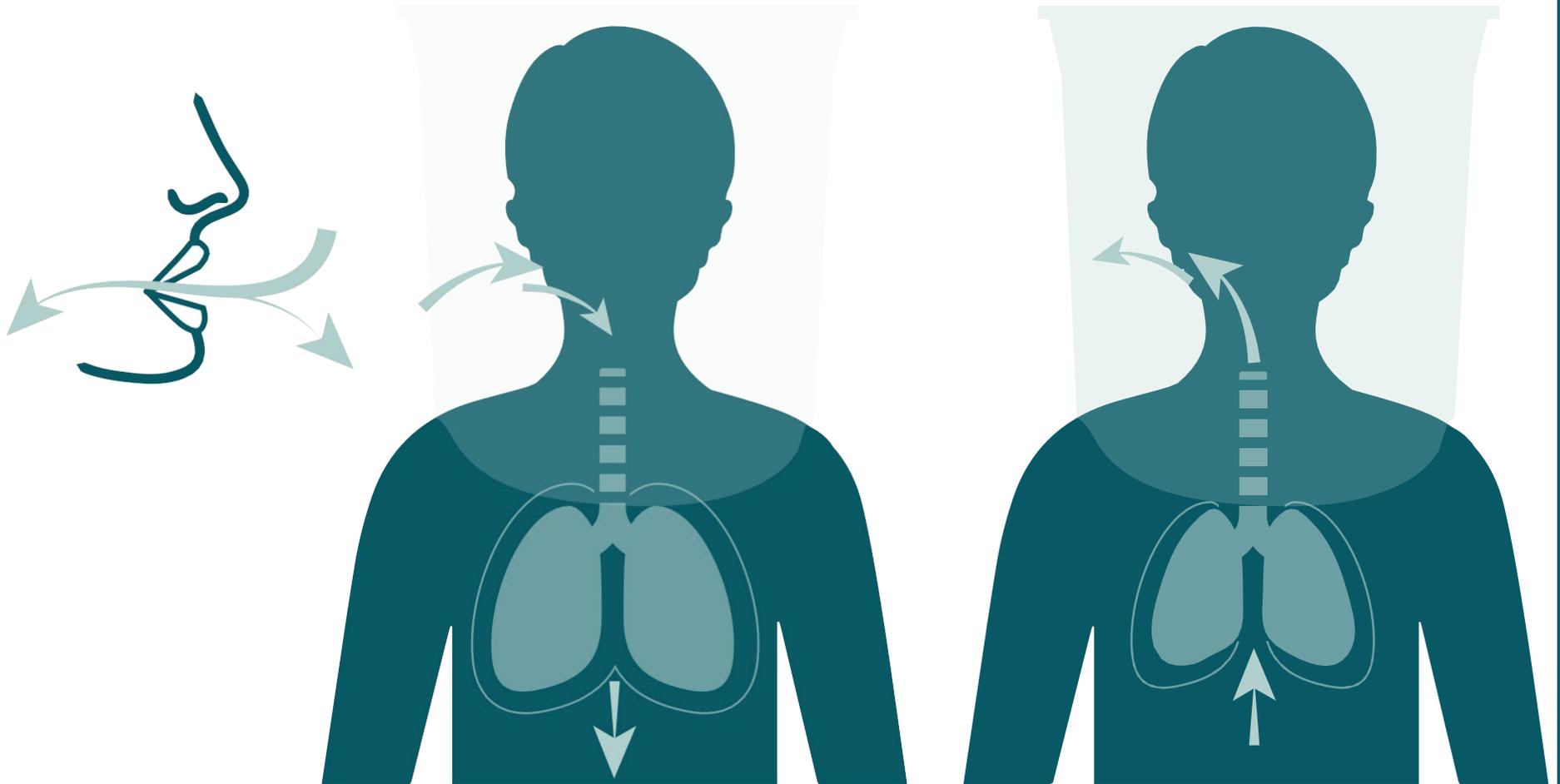
- Each exercise lasts at least 1-minute. Every 30-seconds, the fit tester will spray more solution.
- If the hood falls, the test will restart from the beginning.



# STEP 4 - Fit Test Exercises continued

## 1. Normal Breathing

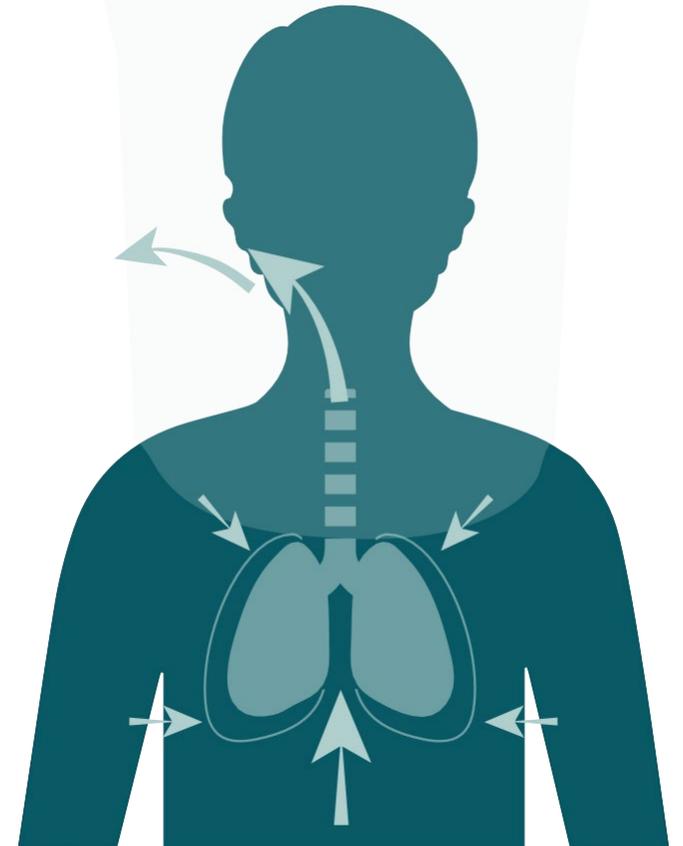
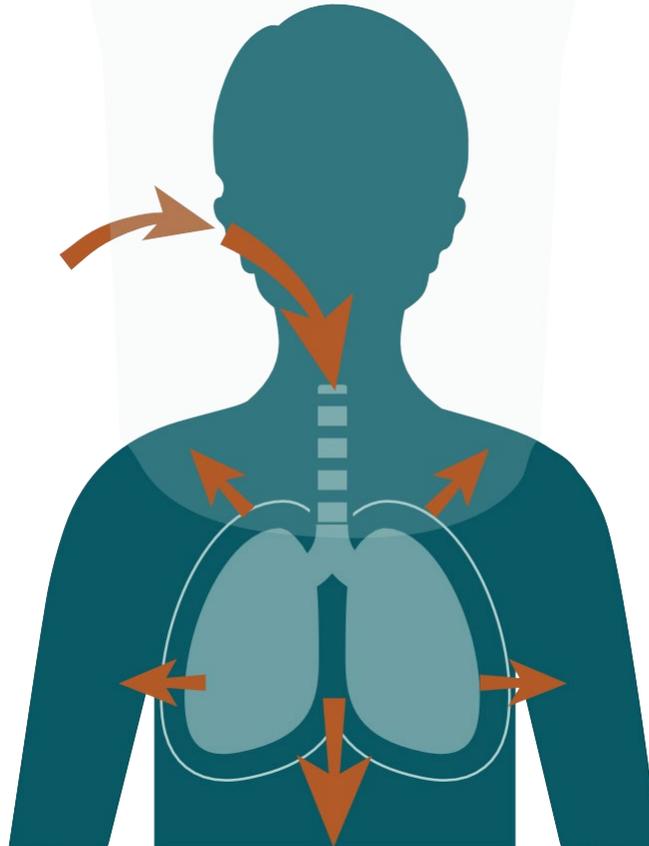
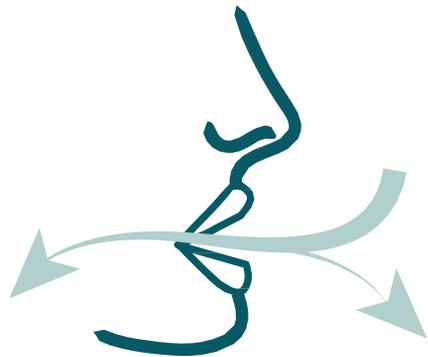
- After spraying solution, take normal breaths.



# STEP 4 - Fit Test Exercises continued

## 2. Deep Breathing

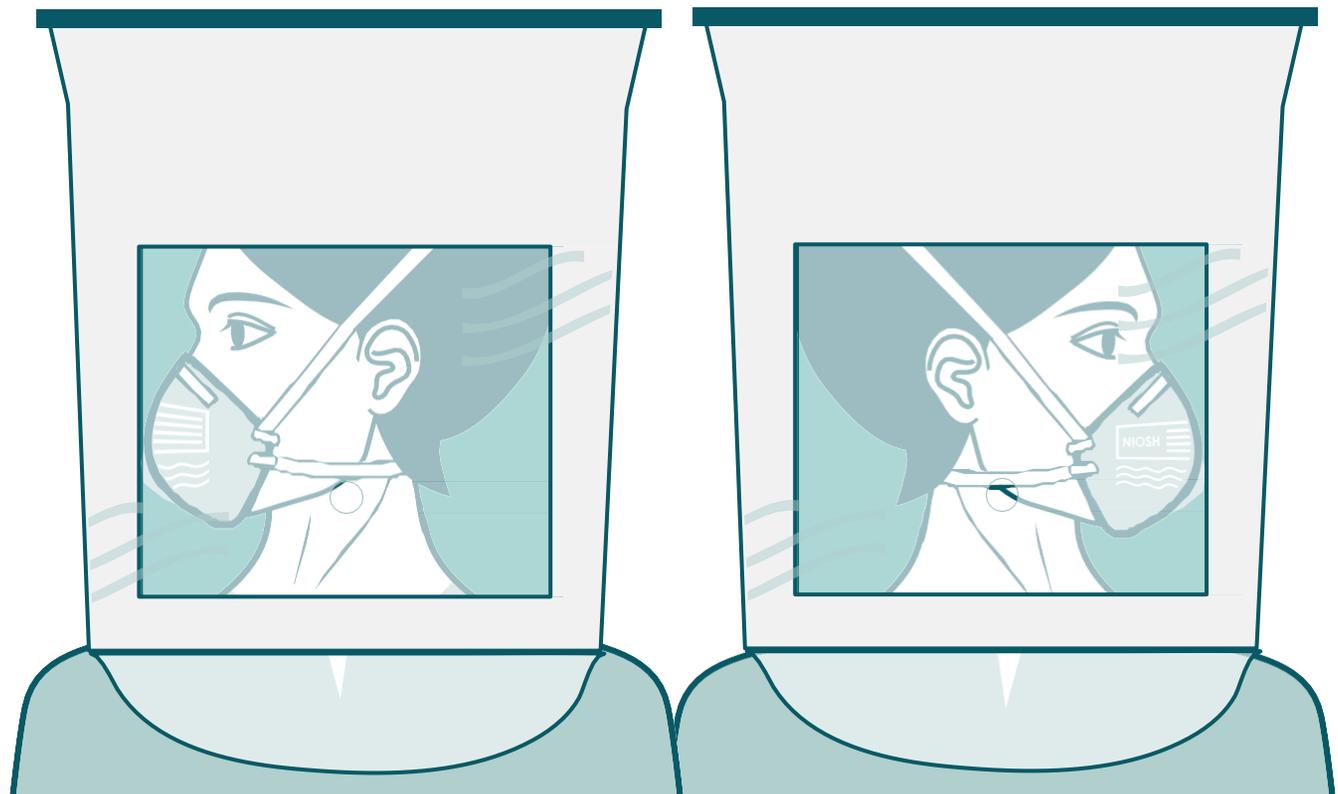
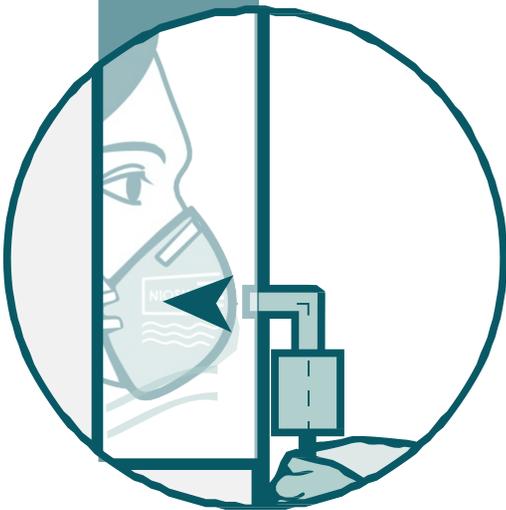
- After spraying the solution, take slow deep breaths. Keep breathing through your mouth.



# STEP 4 - Fit Test Exercises continued

## 3. Turn Head Side to Side

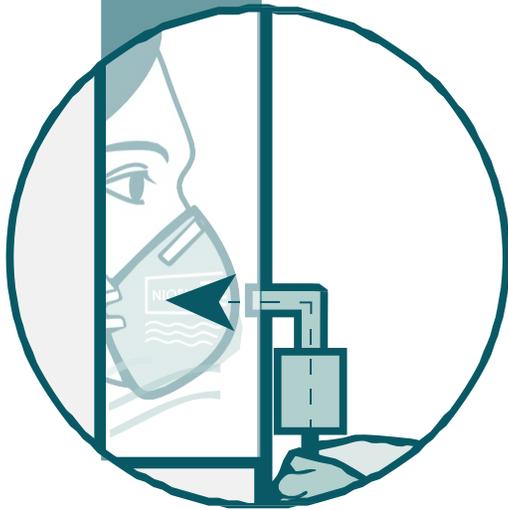
- After spraying solution, slowly turn your head side to side (chin to shoulder).
- Raise your hand if you taste the solution.



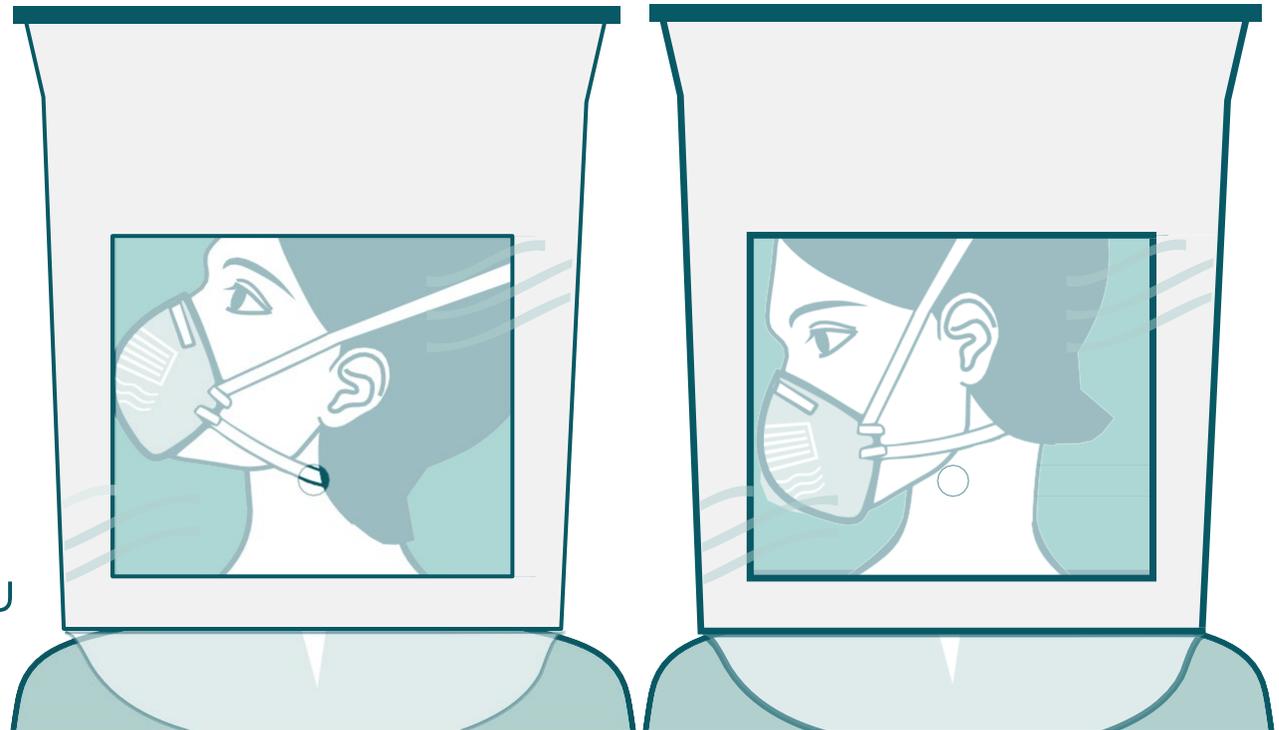
# STEP 4 - Fit Test Exercises continued

## 4. Move Head Up and Down

- After spraying solution, slowly move your head up and down (chin up, then chin to chest).



**NOTE:** Breathe through your mouth. Raise your hand if you taste the solution.



# STEP 4 - Fit Test Exercises continued

## 5. Talk Out Loud

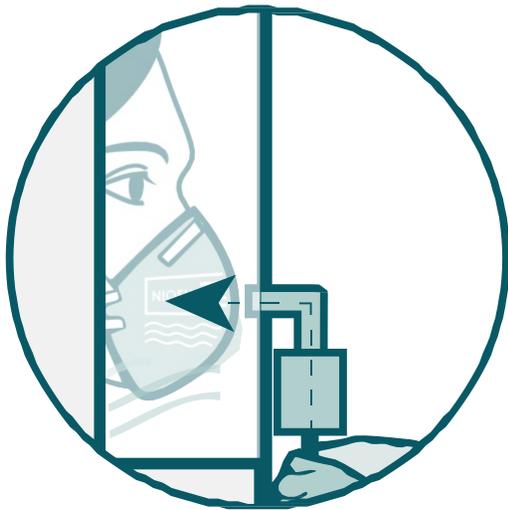
- After spraying the solution, use your voice to count out loud (or mimic speaking with your mouth). Breathe through your mouth.



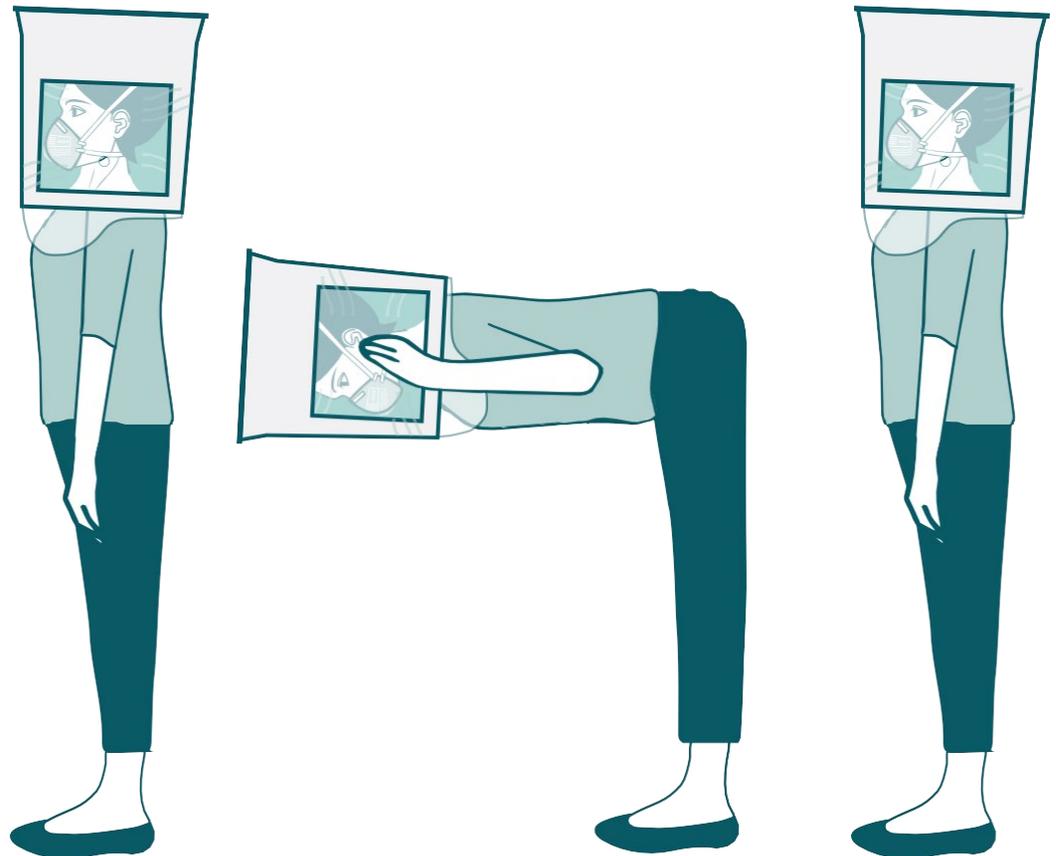
# STEP 4 - Fit Test Exercises continued

## 6. Bend Down and Stand Back Up (or Jog in Place)

- After spraying solution, bend down as if you are picking something up, and then stand back up. Keep repeating.



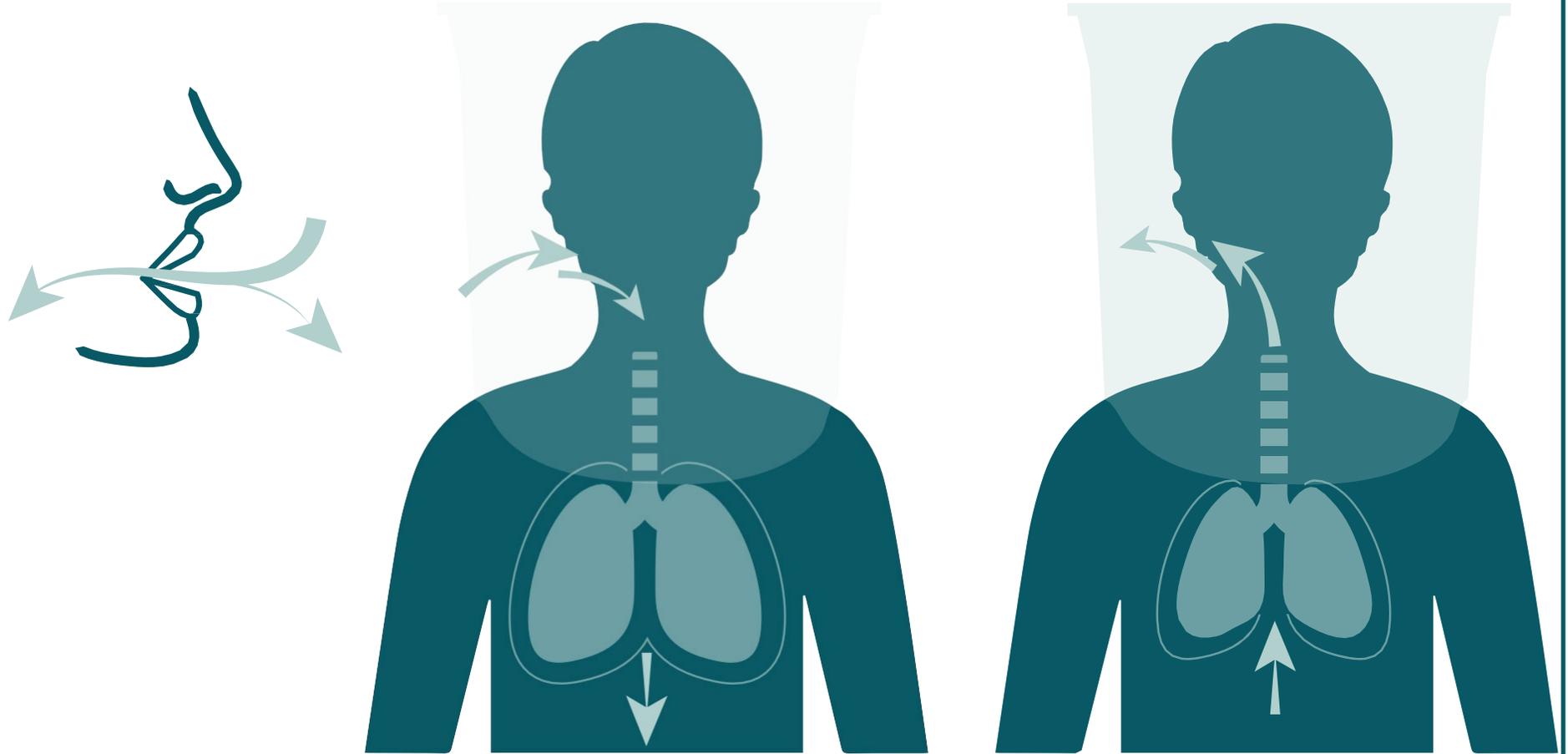
**NOTE:** Breathe through your mouth. Raise your hand if you taste the solution.



# STEP 4 - Fit Test Exercises continued

## 7. Normal Breathing

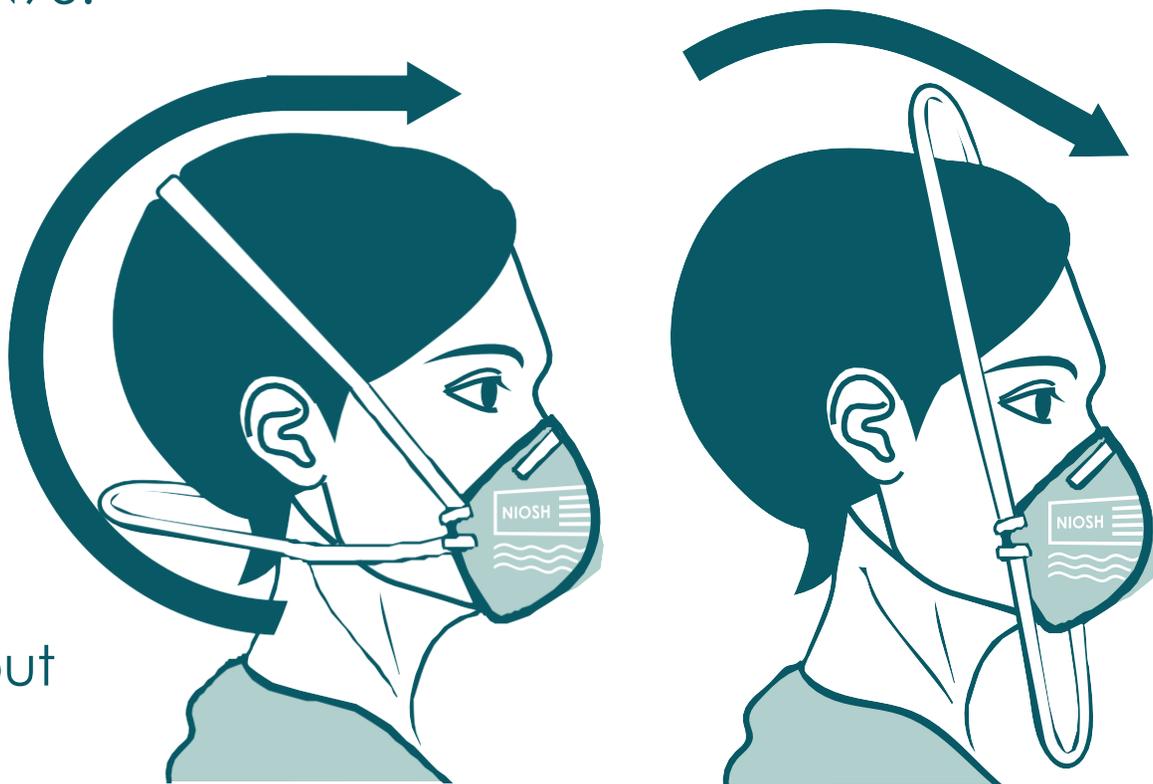
- After spraying solution, take normal breaths through your mouth. Raise your hand if you taste the solution.



# STEP 5 - Remove N95

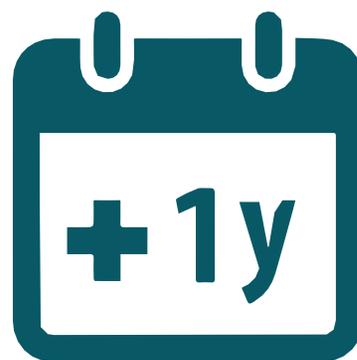
The test is over; it is time to take off your N95.

- Take off hood. Show fit tester how to properly take off your N95.
- Remove bottom strap first, up and over the head without touching the front or sides of the N95.
- Using one hand, reach back to the top of your head and grasp the strap. Pull forward and away without touching the front or sides of the N95.
- Dispose of the N95 without touching the filter.



**If you did not taste the solution during the fit test exercises, it means the N95 passed the test!**

- You will need to use this same make/model/size N95 during work.
- Do a seal check each time you put on the N95.
- The fit test is due again in one year (within 12-months).
- If you have any problems while wearing your N95, tell your supervisor. You may need to repeat the fit test sooner.



# Review

## Remember

- Each time you need an N95, find the exact same model and size.
- Always do a seal check before you enter the room.
- Report any problems using an N95.



Test is complete

**THANK  
YOU**

