**12.04.01 RESPIRATORY EQUIPMENT PROTECTION APPENDIX A**

1. **REFERENCE**

WAC 296-842-22010

2.0 **FIT TEST PROCEDURE**

(1) Follow the procedure in Table 11 to choose a respirator for fit testing:

(a) Prior to conducting fit tests;

AND

(b) Any time your employee must select a different respirator such as when a previously selected respirator fails a test.

(2) Select and follow at least one of the following fit test procedures:

(a) Qualitative fit-test procedures:

♦ Isoamyl acetate vapor (IAA, banana oil) in Table 12;

♦ Saccharine aerosol in Table 13;

♦ Bitrex™ aerosol in Table 14;

♦ Irritant smoke in Table 15.

(b) Quantitative fit-test procedures:

♦ Ambient aerosol condensation nuclei counter such as the Portacount™, in Table 16;

♦ Controlled negative pressure (CNP) such as the FitTester 3000™, in Table 17;

♦ Generated aerosol in Table 18.

(3) Make sure employees perform the appropriate fit-test exercises listed in Table 19.

(4) Clean and maintain equipment according to the manufacturer's instructions.

(5) Make sure during fit testing employees wear any safety equipment that could:

(a) Interfere with respirator fit;

AND

(b) Be worn in the workplace. For example, chemical splash goggles.

(6) Check, prior to fit testing, for conditions that may interfere with the respirator seal or valve functions. If you find such conditions, do NOT conduct fit testing for that individual.

Note: Examples of conditions that may interfere with the respirator seal or valve functions include:

Moustache, stubble, sideburns, bangs, hairline, and other types of facial hair in areas where the respirator facepiece seals or that interfere with valve function.

Temple bars of corrective eyewear or headgear that extend through the face seal area.

(7) Follow the appropriate fit test exercises in Table 19 as indicated.

**Table 11**

**Procedure for Choosing a Respirator for Fit Testing**

1. Inform the employee:

* To choose the most comfortable respirator that provides an adequate fit
* That each respirator sample represents a different size and, if more than one model is supplied, a different shape
* That if fitted and used properly, the respirator chosen will provide adequate protection

2. Provide a mirror and show the employee how to:

* Put on the respirator
* Position the respirator on the face
* Set strap tension.

Note:This instruction does NOT take the place of the employee's formal training since it is only a review.

3. Review with the employee how to check for a comfortable fit around the nose, cheeks and other areas on the face.

• Tell the employee the respirator should be comfortable while talking or wearing eye protection.

4. Have the employee hold each facepiece against the face, taking enough time to compare the fit of each. The employee can then either:

• Reject any facepiece that clearly does not feel comfortable or fit adequately

or

• Choose which facepiece is most acceptable and which are less acceptable, if any.

Note: Supply as many respirator models and sizes as needed to make sure the employee finds a respirator that is acceptable and fits correctly

• To save time later, during this step note the more acceptable facepieces in case the one chosen fails the fit test or proves unacceptable later.

5. Have the employee wear the most acceptable respirator for AT LEAST 5 minutes to evaluate comfort and fit. Do ALL of the following during this time:

• Ask the employee to observe and comment about the comfort and fit:

– Around the nose, cheeks, and other areas on the face

– When talking or wearing eye protection

• Have the employee put on the respirator and adjust the straps until they show proficiency

• Evaluate the respirator's general fit by checking:

– Proper chin placement

– Properly tightened straps (do NOT over tighten)

– Acceptable fit across the nose bridge

– Respirator size; it must span the distance from nose to chin

– To see if the respirator stays in position

• Have the employee complete a successful seal check as specified in WAC 296-842-22020 of this chapter

– Prior to the seal check they must settle the respirator on their face by taking a few slow deep breaths WHILE SLOWLY:

■ Moving their head from side-to-side

AND

■ Up and down.

6. If the employee finds the respirator unacceptable, allow the employee to select another one and return to Step 5. Otherwise, proceed to Step 7.

7. Before starting the fit test, you must:

• Describe the fit test including screening procedures, employee responsibilities, and test exercises

AND

• Make sure the employee wears the respirator AT LEAST five minutes.