

RESPIRATORY FIT TESTING

If you work in an environment where you are required to wear a tight-fitting respirator, such as:

- Healthcare or Dental Clinic
- Food Processing Plant
- Construction or Mining
- Emergency Services

The OSHA requires you to complete a Respiratory Fit Test to ensure you are wearing the proper fitting respirator.



PREPARING FOR YOUR FIT TEST

1. You must be clean shaven. Facial hair compromises the ability of the respirator to seal to your face
2. If you wear corrective lenses, eye protection, hard hat, helmet or any other safety devices on the job, you must wear them for your fit test
3. Please refrain from smoking for 30 minutes before your fit test

MAINTAINING YOUR CERTIFICATION

- It is the responsibility of employer to ensure that workers receive the proper training on the selection and use of respirators as personal protective equipment prior to use on a job
- A fit test is required for every new model of a respirator worn
- A new fit test must also be taken if you experience any changes to your face that might impact the fit of your respiratory device. Changes include weight loss or gain (approx. 20lbs +/-), dental work, injury, or surgery
- Fit testing needs to be completed every 2 years

AFTER YOUR FIT TEST

You will receive a certificate card with your name, make and model of the respirator you are successfully fitted for, and the date of your fit test. We recommend you make a duplicate or digital copy of your card.