

A person's hands are shown holding a white respirator mask with a circular filter. The background is a blurred industrial or workshop setting.

# RESPIRATOR FIT TESTING

Information for participants

Respirator fit testing, now a mandatory requirement of the AS/NZS 1715:2009 Selection, use, and maintenance of respiratory protective devices, must be performed on all tight-fitting respirators.

## FIT TESTING INFORMATION GUIDE

### 1. Requirements:

- **Bring Your Own Mask:** Participants are required to bring their own masks for the testing session. Please note that masks are not provided by Environmental Health Solutions.
- **Multiple Masks:** It is highly recommended to bring different types of masks to the session. This precaution allows for the testing of multiple options, providing flexibility in case the fit of the initial mask is not satisfactory.
- **Clean Shaven:** To facilitate an effective seal between the mask and the face, participants must be clean-shaven. Facial hair can interfere with the proper fit of the mask, compromising the accuracy of the test results.
- **Relevance:** It is important to bring masks that are directly relevant to the job or work environment for which the fit testing is being conducted. This ensures that the test accurately assesses the compatibility of the mask with the specific requirements of the wearer's duties.
- **Approved Mask:** Our fit testing service can evaluate your suitability to wear Australian standard approved negative pressure particulate respirators.

### 2. Preparation:

- **Session Duration:** A mask fit test session typically lasts for 15 minutes. Participants should allocate sufficient time for the entire testing process.
- **Mask Variety:** Participants are requested to bring along the masks they need to be fitted for. This includes all relevant masks for the intended job or work environment. For P2 masks, it is advisable to bring three different options to maximize the chances of finding a suitable fit. Similarly, for reusable respirators, two different sizes should be considered.
- **Confirmation:** Prior to the testing session, participants should confirm with their employer, work placement, or relevant authority the specific type of mask they need to be fitted for. This ensures that the correct mask is tested during the session, as different masks may have varying fit requirements.

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Fit Testing verifies whether the wearer is protected from harmful airborne contaminants like dusts, mists, fumes, gases, vapors, and biological threats such as influenza and other infectious diseases.

### 3. Fit Test Procedure:

- **Quantitative Fit Test:** The fit test consists of four exercises designed to assess the effectiveness of the mask seal during various movements and activities.
- **Bending Over:** Participants will perform bending movements to evaluate the seal integrity of the mask during activities that involve forward bending.
- **Talking:** Talking exercises assess the seal performance of the mask while the wearer is engaged in verbal communication.
- **Head Movements:** Participants will move their head from side to side and up and down to simulate common work-related movements. These exercises ensure that the mask maintains a tight seal during dynamic activities.
- **Exercise Duration:** Each exercise lasts for 30 seconds, providing an adequate duration to assess the mask's performance under different conditions.
- **Purpose:** The primary objective of these exercises is to mimic real-world work environments and movements, ensuring that the mask maintains a secure seal throughout various activities.
- **Fit Factor:** Each exercise contributes to the overall fit factor, which is used to evaluate the overall effectiveness of the mask seal.

### 4. Test Outcome:

- **Passing Guarantee:** It is important to note that passing the fit test is not guaranteed. The outcome of the test depends on various factors, including mask quality and the individual's facial shape.
- **Factors Affecting Test:** Common reasons for test failures include facial hair, facial shape discrepancies, and mask quality issues.
- **Certificate Issuance:** In the event of a test failure, where the fit cannot be adequately adjusted to meet the required standards, no certificate will be issued.

### Cancellations

Individuals must provide a minimum of 24 hours' notice prior to the scheduled appointment. Requests for cancellations made within this timeframe are eligible for reimbursement of the testing fee, while cancellations made within 24 hours of the appointment time are not refundable.

Thank you for carefully reviewing these instructions. Should you have any questions or require further clarification, please do not hesitate to reach out to our team. We are here to ensure a thorough and successful mask fit testing experience.

