

# Staff Preparation

Managers should ensure this information is posted for staff prior to the test sessions

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1. ***In preparation for a fit test***, the person being tested **MUST NOT** eat, drink (except water), smoke or chew gum for a minimum of 30 minutes prior to the test.  
Anything that reduces the sense of taste will affect the test process.
2. **FACIAL HAIR:**
  - *A clean shave is essential for correct respirator fit.* Men with beards cannot be fit tested. A moustache and/or goatee may be acceptable. The Tester will evaluate this.
3. The process takes *approximately* 20 minutes (may be more). The process is outlined below in items 3-11.
4. Fill out the questions 1-10 on the Record Form, which the Tester will discuss with you.
5. **SENSITIVITY TEST:**
  - With a see-through hood over your head, the tester will spray a low concentration of a non-toxic airborne chemical (Bitrex) into the hood. You will breathe through your mouth and tell the tester when you can taste the Bitrex. (Another chemical - Saccharin - may also be used if Bitrex cannot be detected).
6. Wash your face and drink water before the next part of the process.
7. The tester will select a respirator (mask) for you and demonstrate the correct way of donning/wearing/removing the mask. The tester will also demonstrate the “fit-check” procedure.
8. You will then demonstrate your understanding of this, by going through the same procedure.
9. **FIT TEST:**
  - With your mask on, the Bitrex test will be repeated using a stronger solution. You will be asked to do a number of activities such as breathing deeply, turning head from side to side etc.
10. If a proper seal is obtained, the Bitrex cannot be tasted (mask works/fits)
11. If the mask does not fit, the test will be performed again after adjusting the mask or after trying another style or size of mask.
12. Remove hood and mask, wash your face and drink water. Sign the Record Form. You will be given a note of the style and size of mask (respirator), which you should wear in the future.