

# FIT TEST COORDINATOR TRAINING



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# Key topics covered in this training

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- What your role as a fit test coordinator involves
- Fit Test Training information
- How to perform a fit test
- Record keeping, supply ordering, and contact information



# Department Fit Test Coordinator Responsibilities

- Conduct annual fit test and training for staff members required to use a respirator within the department
- Request assistance from the Safety Officer in evaluating new operations that may present health and safety hazards.
- Obtain medical approval from Employee Health before assigning employees to jobs that require the use of respirators
- Order through the Distribution Department and maintain sufficient amount of fit testing supplies in stock
- Submit documentation to the department in charge of the Respiratory Protection Program at your facility at the conclusion of the fit test
- Ensure healthcare personnel use and operate their respirators under the respiratory protection procedures described in this program



# Why is a respirator necessary and when is to be used?

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Healthcare workers may encounter respiratory hazards in the work place. Some examples include:

- Tuberculosis
- Measles
- Disseminated varicella
- Other airborne pathogens
- Any patient undergoing aerosolizing-generating procedures



# OSHA (1910.134) Respiratory Standard requirements

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- ***Medical screening*** to determine if the employee is physically capable of wearing a respirator
- ***Initial and Annual Fit Test*** to ensure the respirator fits properly on the employee's face
- ***Initial and Annual Training*** on the selection, use, storage, and limitations of the respirator used



# COVID-19 Specific Guidelines

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**During the COVID 19 pandemic, an annual fit test is not required. However, a re-fit test is required if a person:**

- Has lost or gained 10 or more pounds since last fit test
- Has had facial structure changes
- Had facial structure surgery

Please give a refresher to the employee on how to properly don and doff the N95 and reach out to the Safety Officer if you feel a re-fit test is needed.

# N95 respirators may be worn following reuse procedures during times of shortage

- Under current reuse procedures, N95s are to be used up to three shifts. Please review the reuse policy on the BILH website in the PPE section.
- Please have staff reprocess their disposable N95s, so they can be disinfected and returned to the unit for staff reuse. Bins are provided on each unit.



# N95 respirators effectiveness is dependent upon proper fit

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- Respirators are only as effective as the seal or fit to a person's face
- Respirators cannot be worn with any facial hair in the sealing area. A PAPR must be used in place of an N95
- In addition to annual fit testing employees need to be retested if:
  - They gain or lose a significant amount of weight (>10%)
  - Their facial structure changes







# Medical Clearance by Employee Occupational Health is necessary before fit testing

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- No employee can be fit tested until they have medical clearance
- This medical evaluation form determines whether they are physically capable of wearing a respirator
- To verify medical clearances, please contact Employee Occupational Health or the Safety Officer at your facility

# Several respirator styles are available at each facility

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- The purpose of a fit test is to ensure a particular brand and size of a mask will fit the employee being tested
- We have cup-shaped, flat fold and self-adhesive respirators in several sizes
- Be sure staff use their correct size

**3M (cup shaped)**



**Halyard (Flat fold)**



# Ensure that all fit test supplies are available prior to starting a fit test session

- 2 Nebulizers



- Sensitivity Strength Saccharin (FT-11) or Bitrex (FT-31) solution



- Fit Test Strength Saccharin (FT-12) or Bitrex (FT-32) solution



- Hoods



- Fit Test Form

- Rainbow Passage

# Fit tests are performed in a standard manner

- Saccharin and Bitrex solutions mimic aerosolized pathogens for the test
  - Some people may be unable to taste the test solution.
  - A threshold or sensitivity check is performed prior to the actual test which is a qualitative method.
- If the employee cannot taste anything during the threshold check with either solution, please reach out to the department in charge of fit testing at your facility and a quantitative method of fit testing may be performed

## Qualitative



## Quantitative



# Prep the nebulizer in advance of the fit test session

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1. Fill the nebulizer marked threshold or sensitivity check with the sensitivity (FT-11 for Saccharin or FT-31 for Bitrex) solution.
2. Fill the nebulizer marked Fit Test with the fit testing (FT-12 for Saccharin or FT-32 for Bitrex) solution.
3. Squeeze each nebulizer and ensure it is aerosolizing the solution correctly.

# Threshold check is necessary to ensure standardization and accuracy of fit test

- Employee places hood over head without mask on
- Fit tester sprays solution (Saccharin or Bitrex) into hood using nebulizer. **Keep track of how many sprays you use**
- Instruct employee to breath through their mouth to aid in tasting the solution
- Once employee can taste solution, stop spraying and instruct employee to take hood off and place on table



# Threshold check determines the number of nebulizer pumps to use during the fit test

- If the employee tastes the solution between 1-10 pumps of the nebulizer, **their threshold is 10.**
- If the employee tastes the solution between 11-20 pumps of the nebulizer, **their threshold is 20.**
- If the employee tastes the solution between 21-30 pumps of the nebulizer, **their threshold is 30.**
- If the employee cannot taste the solution after 30 pumps of the nebulizer, switch the other solution.

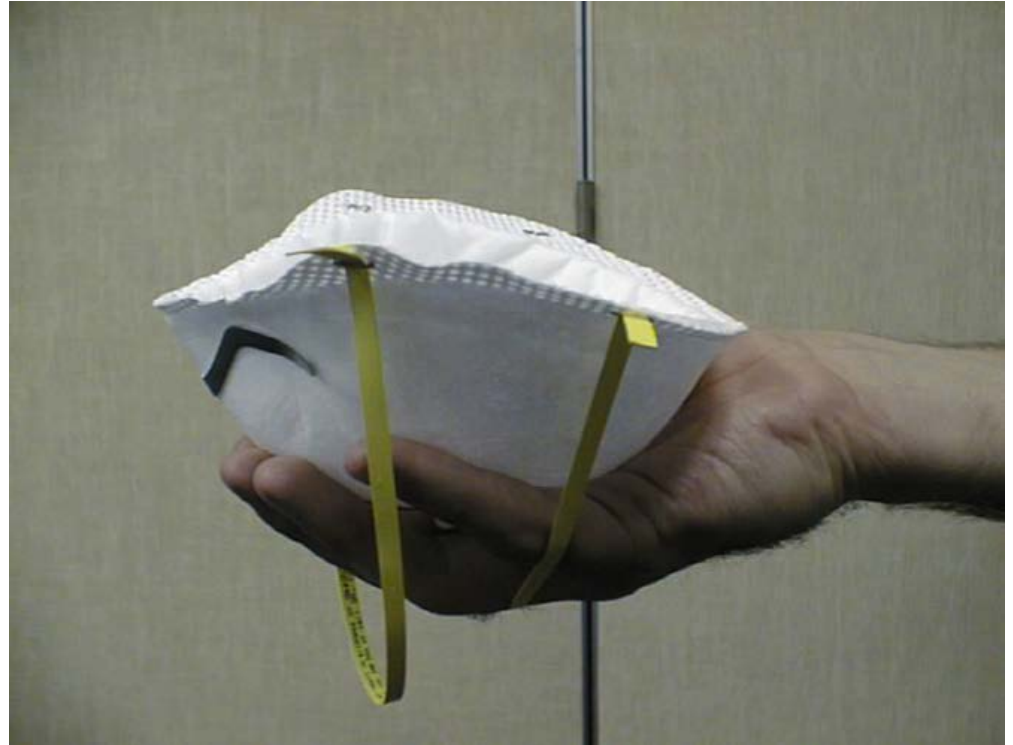




# Donning the N95 Respirator: Step 1

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Cup the respirator in your hand with the nosepiece at finger tips allowing the headbands to hang freely below hands



## Donning the N95 Respirator: Step 2

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Position the respirator under your chin with the nosepiece up. Place the N95 high to the bridge of your nose



# Donning the N95 Respirator: Step 3

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Pull the top strap over to the crown of your head



## Donning the N95 Respirator: Step 4

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Pull the bottom strap over your head and position it around neck below ears. Please pull hair all the way through so band lays **directly** on skin of your neck.



# Donning the N95 Respirator: Step 5

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Using two hands, mold the nosepiece to the shape of your nose by pushing inward while moving fingertips down both sides of the nosepiece



***Avoid pinching the nosepiece by using only one hand, which can create an unwanted gap at the nose***



# Be sure to teach the User Seal Check to ensure good fit with each use

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1. To check fit, place both hands completely over the respirator and exhale.
2. If air leaks around your nose, adjust the nosepiece as described in Step 5.
3. If air leaks at respirator edges, check the straps and make sure the straps are correctly in place. **Recheck.**

*If air is still leaking, please try a different size respirator or a different brand.*



# Make sure that the user understands how to wear an N95 correctly

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Do not criss cross



## Key points about fit testing performance

- Employee should put the hood on with the nebulizer hole facing forward.
- In the fit test, exercises are performed that simulate movements you may do around a patient.

*Instruct employee to let the fit tester know if they taste the solution at ANY time during the test*

*It will taste stronger than when the threshold was performed*



# Initial threshold count determines how many nebulizer pumps for each person's fit test

## Remember:

- Use the threshold number for the first step
- For the 6 remaining steps, cut the threshold number in half

## Example:

**10 Threshold** – 10 pumps for the first step, 5 pumps for each step thereafter

**20 Threshold** – 20 pumps for the first step, 10 pumps for each step thereafter

**30 Threshold** – 30 pumps for the first step, 15 pumps for each step thereafter

# Performing the Fit Test: Step 1

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## NORMAL BREATHING

- Pump the nebulizer with the fit test solution 10, 20, or 30 times as per the threshold count
- During the nebulizer pumps, the employee breaths as they normally would for a duration of at least 30 seconds

# Performing the Fit Test: Step 2

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## DEEP BREATHING

- Pump the nebulizer with the fit test solution 5, 10, or 15 times as per the threshold count
- During the nebulizer pumps, the employee breathes deeply for a duration of at least 30 seconds

# Performing the Fit Test: Step 3

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## TURN HEAD SIDE TO SIDE

- Pump the nebulizer with the fit test solution 5, 10, or 15 times as per the threshold count
- During the nebulizer pumps, the employee turns their head from side-to-side repeatedly for a duration of at least 30 seconds

# Performing the Fit Test: Step 4

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## HEAD UP AND DOWN

- Pump the nebulizer with the fit test solution 5, 10, or 15 times as per the threshold count
- During the nebulizer pumps, the employee nods their head up and down repeatedly for a duration of at least 30 seconds

# Performing the Fit Test: Step 4

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## BEND OVER

- Pump the nebulizer with the fit test solution 5, 10, or 15 times
- Then have the employee hold their hood in place and bend down (as if they were picking something up) for a duration of at least 30 seconds

# Performing the Fit Test: Step 6

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- Spray periodically and have the employee read the passage below aloud

- Rainbow passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.

# Performing the Fit Test: Step 7

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## NORMAL BREATHING

- Pump the nebulizer with the fit test solution 10, 20, or 30 times as per the threshold count
- During the nebulizer pumps, the employee breaths as they normally would for a duration of at least 30 seconds



# Outcomes of fit test determine next steps

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- **Successful fit test:** If the employee was unable to taste the solution the entire duration of the fit test
  - Ensure employee understands use and care of respirators
  - Assign institutional post-fit test training for each respirator type
- **Unsuccessful fit test:** If the employee was able to taste the saccharin or Bitrex solution at any point during the test
  - Try a different size or brand of respirator
  - If still unsuccessful, assign PAPR training via your institution's process



## **At the end of the session, be sure that you are set up for future fit tests**

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- After concluding fit testing for the day, make sure to rinse the nebulizers out completely with hot water. This will ensure the proper function of the nebulizers for future fit testing.
- Ensure that you have restocked all supplies and order any necessary replacements from hospital Distribution



# N95 Respirator/Fit Testing Supplies Ordering Information through Distribution

Item	Description
N95 Tecnol/Kimberly	Small Regular
N95 3M	Small Regular
Saccharin Sensitivity Solution 1 Bottle	MFT-11 Sensitivity Solution
Saccharin Test Solution 1 Bottle	MFT-12 Test Solution
Bitrex Sensitivity Solution 1 Bottle	FT-31 Sensitivity Solution
Bitrex Test Solution 1 Bottle	FT-32 Test Solution
Fit Test Kit	Includes: 2 Hoods, Saccharin, Nebulizers, Video, and Instructions
Hood for Fit Test	Hood with Cap
Nebulizers	Nebulizer for Saccharin and Bitrex solutions

# **N95 Respirator/Fit Testing Supplies Ordering Information through Distribution**

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- All fit testing information must be sent on a regular basis to the department in your facility maintaining fit testing records
- Use the documentation form provided for fit testing records
- Daily numbers of staff fit tested must be provided to BILH during fit testing blitz

**Please contact the Safety Officer  
for your institution with any  
questions or concerns**