



## Respirator Fit Testing

Developed by:	Approved by:	Date created:	Last revision:
Safety Department	J. Moffatt	January, 2016	December 1, 2022
Possible Hazards Present	Personal Protection Required		Additional Training
- Inhalation of hazardous gases, odors or particles	- Respirator - Dust Mask - Clean Shaven		- Fit Test
<p>1. Ensure proper sizing.</p> <p>2. Respirator straps must be worn properly as shown in the manufacturer's instructions.</p> <p>3. Adjust head bands until they are tight yet comfortable.</p> <p>4. Position the chin firmly in the chin cup and adjust the face piece until the most comfortable position is located, make final adjustments on the head band, do not break the nose seal.</p> <p>5. No facial hair or glasses temple pieces that interfere with the face fit are allowed.</p> <p>6. A positive and negative test fit must be preformed each time the respirator is worn.</p> <p>7. POSITIVE - block the exhalation valve and exhale lightly. Air leakage will be felt if it is evident. Adjust the fit and test again.</p> <p>8. NEGITIVE - Cover the air inlet(s) and gently inhale. Leakage will be felt if it is evident. Adjust and retest. Common leaks can be felt around the nose and chin.</p> <p>Disposable Respirators</p> <p>1. Hold respirator in hand with the molded nose contour (narrow end) at finger tips, allowing head to fall below the hand.</p> <p>2. Place the respirator under the chin with the molded nose contour (narrow end) up. The flange must un-crease inside the respirator. Raise the top strap to the top back of the head. Pull the shorter bottom strap over head to around the neck. Never wear with only one strap.</p> <p>3. Adjust the respirator for a comfortable fit. Mold the nose piece to fit.</p> <p>4. Each time entry is made into contaminated area the fit should be checked. Cup hands over the intake and inhale sharply. A negative pressure should be felt. If leakage is detected adjust the straps and/or reposition the respirator.</p> <p>*Fit testing must be completed every 2 years as per CSA Standard Z-94.4-02.*</p>			
Documentation/Legislation			
CSA-Z94.4-02, Selection, Use and Care of Respirators		<p><b>This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</b></p>	