

# AAA Emergency Supply Co., Inc.

## Fit Testing Protocol

Revised: March 25, 2014



### **Definitions (as per OSHA CFR 1910.134):**

*Fit Test:* The use of a protocol to qualitatively or quantitatively evaluate the fit of a respirator on an individual.

*Fit Factor:* A quantitative estimate of the fit of a particular respirator to a specific individual; typically estimates the ratio of the concentration of a substance in ambient air to its concentration inside the respirator when worn.

*Leak Rate:* An estimate of the amount of leakage detected during the Fit Test process. With the OHD machines this value is determined through the OHD Quantifit Controlled Negative Pressure (CNP) technology.

*Quantitative Fit Test:* An assessment of the adequacy of respirator fit by numerically measuring the amount of leakage into the respirator.

*Qualitative Fit Test:* A pass/fail test to assess the adequacy of respirator fit that relies on an individual's response to the test agent.

*Full Facepiece:* a mask or respirator which is designed to cover the entire face including eyes, nose, and mouth.

*Half Facepiece:* a mask or respirator which is designed to cover the half of the face including the nose and mouth.

*Clean Shaven:* For the purposes of fit testing and donning a respirator, an individual is clean shaven when facial hair does not interfere with the seal or any other function of a respirator or mask. This includes beards, goatees, long side burns, soul patches, etc.

### **Purpose:**

The purpose of this protocol is to ensure the Fit Test we perform with your personnel and employees (employee) is legitimate to the OSHA CFR 1910.134 Standard for Respiratory Protection, and to ensure there is a standard of practice in place within our organization. Please follow the guidance offered in this document before and during the Fit Test process with AAA Emergency Supply Co., Inc.

### **Description:**

AAA Emergency Supply Co., Inc. (AAA Emergency) offers a quantitative fit test which follows the regulation and standard set forth by OSHA CFR 1910.134. The quantitative fit test is administered via a machine which quantifies or determines Fit Factor and Leak Rate over a series of movements and body positions. The purpose of the Fit Test is to determine the appropriate model, size, and style mask for each employee. Full facepiece tests require a minimum fit factor of 500 and half facepiece tests require a minimum fit factor of 100.

### **Employee Fit Testing:**

The following shall be the prerequisites for your employee to be fit tested by AAA Emergency:

- The employee must have a **VALID** medical clearance to wear a respirator.
- The employee must be adequately trained in the use and function of the style mask and respirator they are being fit tested for.
- The employee must be clean shaven, as defined above.

\*\*It shall be the responsibility of you as the employer or organization coordinator to ensure members have complied with the aforementioned prerequisites.

OHD Fit Testing machines utilize the REDON Protocol which was written into OSHA CFR 1910.134, Appendix A in September of 2004. The following shall be the required methods and steps each employee of your organization shall go through to complete a Fit Test:

The performance of each test shall occur with the member wearing the facepiece and holding their breath for approximately 9 seconds. The fit test operator will instruct the subject when to take a deep breath and when to exhale at the conclusion of each test. The employee must receive a "Pass" on all five tests to receive a Pass on their fit test. Each Employee shall be required to perform the Fit Test steps in the following manner:

1. Don & Face Forward: Stand and breathe normally. Face forward while holding breath for measurement.
2. Bend at the Waist & Face Forward: Bend at the waist, as if going to touch his or her toes. Face parallel to the floor, while holding breath for measurement.
3. Shake Head & Face Forward: For about three seconds, shake head back and forth vigorously several times while shouting. Stop and face forward while holding breath for measurement.
4. Re-Don & Face Forward: Remove the respirator mask, loosen all facepiece straps, and then re-don the respirator mask. Face forward while holding breath for measurement
5. Re-Don & Face Forward: Remove the respirator mask, loosen all facepiece straps, and then re-don the respirator mask. Face forward while holding breath for measurement

### **Additional Details:**

Your organization shall receive a quantitative Fit Test form for each member who passes a Fit Test through AAA Emergency. The Fit Test form shall be generated by the OHD Quantifit or OHD Fit Tester 3000 in conjunction with the appropriate software (OHD Fit Track V.3.0.1 or OHD Fit Track 5.0.1).

The Fit Test form shall indicate the following information:

- Employee Full Name

- Department/Organization
- Date/Time of Fit Test
- Minimum Fit Factor Required
- Mask Manufacturer
- Mask Model
- Mask Size
- Mask Type
- A Description of the Five Tests
- The Fit Factor for Each Test
- The Leak Rate for Each Test
- The Test Result (Pass/Fail)
- Equivalent Fit Factor (Average of all Tests)
- Average Leak Rate
- Operator Name & Signature
- Subject/Employee Name & Signature

AAA Emergency Supply Co., Inc. shall not stray from this policy under any circumstances. This policy is to ensure your employees receive a Fit Test as per the regulation set forth by OSHA. Compliance with this regulation is designed to benefit and take into consideration the well-being of the employees of your organization. This document is not designed to train or teach any individual in the use and performance of Fit Tests.

Any question or concerns please feel free to contact your local sales representative or our main office.

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