

Respirator Fit Test Exercises

- 1. Breathe normally.**
- 2. Breathe deeply.** Be certain breaths are deep and regular.
- 3. Turn head all the way from one side to the other.**
Inhale on each side. Be certain movement is complete and performed every second. Do not bump the respirator against the shoulders.
- 4. Nod head up-and-down.** Inhale when head is in the up position. Be certain movement is complete and performed every second. Do not bump the respirator on the chest.
- 5. Read the “Rainbow Passage”**
- 6. Bend over at waist.**
- 7. Breathe normally.**

Qualitative Respirator Fit Test Record

Print Name: _____ Date: ____ / ____ / ____

Employee ID #: _____ Respirator Make/Model: _____ Size: S M L

Please circle solution administered and pass/fail status.

Sensitivity Test Solution:	Bitter	Saccharin/Sweet	10	20	30	PASS	FAIL
Fit Test Solution:	Bitter	Saccharin/Sweet	10	20	30	PASS	FAIL

Comments: _____

Please circle yes or no if completed and pass/fail status:

Demonstrated Negative and Positive Pressure Seal	YES	NO	PASS	FAIL
Performed Respirator Fit Test Exercises	YES	NO	PASS	FAIL
Examines Mask for Cracks, Tears, Holes or Inflexibility	YES	NO	PASS	FAIL
Examines Head Straps for Breaks and Loss of Elasticity	YES	NO	PASS	FAIL
Acknowledges When to Don and When to Remove Mask	YES	NO	PASS	FAIL
Properly Disposes N95 Mask	YES	NO	PASS	FAIL

Comments: _____

Please read and sign below:

I have received the classroom portion of the Mecklenburg EMS Agency's Respiratory Protection Program. I understand the uses for the respirator and will comply with all policies and procedures for wearing my respirator during patient contacts. I have successfully completed all the tasks above with little or no help from the Respirator Fit Test Administrator.

Employee Signature: _____ Employee ID #: _____

Administrator: _____ Employee ID #: _____