

## N95 Fit Test Training For Employees– Step 1 (Inspection)

### Elements delivered during fit testing process:

- **Respirator Inspection**

- Check packaging of respirator to confirm shelf life or expiry date
  - If expired, do not use



- Open packaging
  - Practice hand hygiene. Check respirator for shape distortion
    - For example, look for:
      - Improper shape (side missing or folding impacting respirator material)



- Pull on strapping
  - For example, look for:
    - Confirm band/strap is intact (attached to respirator)
    - Evidence of weakened bands/straps which can present as cracking or overstretching (does not snap back when pulled)
- Check for cleanliness of respirator
  - For example, look for:
    - Any collection of dirt



- Saturated with fluid or stained

**Any defects noted, do not use the respirator and report concern to your manager and obtain another respirator.**

## N95 Fit Test Training– Step 2 (Donning)

### Elements delivered during fit testing process:

- **Respirator don steps**

- Practice hand hygiene. Open mask bending nose piece



- Place respirator on face



- Most models–Pull top strap at crown of head



- 1804–Pull bottom strap to base of head



- Most models–Pull bottom strap at base of head



- 1804–Pull top strap to crown of head



- Adjust for comfort at nose and chin



- Mould to nose



## N95 Fit Test Training– Step 3 (Seal Check)

### Elements delivered during fit testing process:

- **Seal Check**

- Practice hand hygiene. Cover the inlet opening (if respirator has a valve on front)



- Cover respirator of N,P,R 95–100 (no respirator valve) so no passage of air



- Inhale, holding breath for 10 seconds.
  - The face piece must not be distorted while performing the check
    - If the face piece collapses slightly towards the face and no inward leakage of air into the face piece is detected, it can be assumed that the fit of respirator is satisfactory

## N95 Fit Test Training– Step 4 (Doffing)

### Elements delivered during fit testing process:

- Respirator doff steps

- Remove bottom strap



- Remove top strap by grabbing straps (avoid touching the mask directly)



## N95 Fit Test Training– Step 5 (Disposal)

### Elements delivered during fit testing process:

- **Respirator Disposal (single use) steps**
  - After doffing and while holding the respirator by the straps



- Place respirator in approved receptacle such as dedicated garbage can



- Practice hand hygiene