

**NCS Form 014:**  
Quantitative Fit Test Protocol

**General Fit Test Precautions**

1. Use the right cartridge for the test agent (e.g., HEPA or P-100 cartridges for corn oil or Portacount condensed nuclei fit tests).
2. Make sure the test subject has been medically certified and trained to use the respirator.
3. Explain the purpose of the fit test, the procedure, and test results to the test subject.
4. Recognize and evaluate characteristics of the test subject which may affect the respirator seal, such as improper donning or fit check procedures, facial hair, or irregularities such as scars or dentures, safety glasses, or other equipment worn on the head or face.
5. Recognize behavioral characteristics likely to affect the fit test, such as lack of cooperation, too much cooperation, or evidence of claustrophobia.
6. Ask the subject to clean and inspect respirator prior to putting it on and checking its fit.
7. Refrain from coaching or aiding the test subject. Conduct refresher training as necessary.
8. Refrain from repeatedly fit testing the same respirator until an adequate fit is achieved.

**Fit Test**

1. Set up the fit test equipment in accordance with the manufacturer's instructions.
2. Perform the necessary calibrations to assure proper equipment function.
3. Begin the exercises.
  - At a minimum, the following exercises shall be conducted during each fit test in the listed order:
    - 1) Normal breathing
    - 2) Deep breathing
    - 3) Turning head from side to side
    - 4) Moving head up and down
    - 5) Talking/counting out loud
    - 6) Bending up and down
    - 7) Grimacing/making funny faces
    - 8) Normal breathing
4. Stop the test if the employee does not get a high enough Fit Test Factor or FTF (e.g.,  $\geq 100$  for half-masks and  $\geq 500$  for full-face respirators).
5. If the test is failed, repeat the test procedure with another respirator (or with the original one adjusted/straps tightened).
6. Complete the Fit Test Form. Record actual FTFs for each exercise on the form.
7. Explain the results to the employee.
8. Sign and date the form and then have the employee do the same.
9. Retain the records as delineated above.