

Guide to the 3M qualitative fit testing kit.

3M™ FT-10 (sweet) and 3M™ FT-30 (bitter) fit test kits are suitable for disposable (filtering facepiece) respirators and reusable half facepiece respirators fitted with particulate or combination of gas/vapour and particulate filters.

The taste test

Part one: the sensitivity test

Note 1: Conduct the sensitivity test on the same day and prior to the fit test.

Note 2: If the fit test needs to be repeated, it must be started from part one: repeating the sensitivity test.

- 1 Add half a teaspoon of sensitivity solution (in red labelled bottle) into the sensitivity nebuliser (marked in red).
- 2 Put test hood on person.
- 3 Ask person to breathe through their mouth (without wearing the respirator) with their tongue slightly out and ask them to indicate immediately when they taste solution.
- 4 Slowly squeeze solution into the hood (through the opening in the visor) and count the number of squeezes (up to a maximum of 30) it takes for the solution to be tasted. When the solution is tasted, stop adding aerosol to the hood.
- 5 Remove the hood, then ask the person to take a drink of water and wait until the taste has cleared, making sure that they wipe their lips to remove any traces of solution.



Stop the test if solution is not tasted after 30 squeezes. Try an alternative solution:

Sweet Taste	3M FT 11 (Sensitivity solution)	3M FT12 (Fit test solution)
Bitter Taste	3M FT 31 (Sensitivity solution)	3M FT32 (Fit test solution)

Respirator fit testing must be conducted by a competent person. In Australia refer to RESP-FIT (www.respfit.org.au) and in New Zealand Commit2Fit (www.nzohs.org.nz/commit2fit/) for further information on these respirator fit testing training and accreditation programs.

Prior to the day of fit testing, communicate the following with those who will be fit tested:

- Be clean shaven
- No eating, drinking, chewing gum or smoking 15 minutes prior to the test
- Bring clean respirator and filters normally used

OSHA 1910.134 requires and AS/NZS 1715 & ISO 1975-3 recommends that respirator fit testing is repeated annually, when a new style of respirator is worn, introduction of headworn PPE and/or any changes to the wearers facial characteristics.

! Wearers must be clean shaven to get a good fit with a respirator for the fit test and every time the respirator is worn.

Part two: the fit test

Note: Ensure 5 minute comfort assessment process is completed prior to beginning the fit test.

- 1 Add half a teaspoon of the fit test solution (in black labelled bottle) into the fit test nebuliser (marked in black).
- 2 Make sure respirator is fitted correctly and wearer's self checks are done. Refer to 3M fitting instructions or posters for correct procedure. Please ensure any other headworn PPE required by the wearer is worn during the fit test.
- 3 Put test hood on person.
- 4 Introduce solution in an 'initial dose', start the timing and the exercises. Note: The timing of the test, including the exercises, is started once the aerosol doses are initiated (after first squeeze). At 30 seconds administer the 'top-up dose'. The initial dose and 'top up' number of squeezes should follow the table below. The number of fit test squeezes are calculated based on part one 'the sensitivity test'.

Number of squeezes needed in part one: sensitivity test	Number of fit test solution squeezes needed for initial dose	Number of fit test solution squeezes for 'top-up' dose every 30 seconds
1–10	10	5
11–20	20	10
21–30	30	15

Add a 'top-up' dose after every 30 seconds as per below:

- 5 After the initial dose, ask the person to carry out the seven exercises shown in the images to the right for one minute and indicate immediately if solution is tasted. Remember to add 'top-up' dose every 30 seconds. Timing is critical and the exercises are conducted one after the other in order with no breaks in between each exercise. The entire fit test exercises should take 7 minutes in total.

6 Record results

If solution is not tasted after all seven exercises, they have passed the test with that specific make, model, and size respirator. If solution is tasted, stop test, clean mouth, face and hands, refit respirator and start part one of the test again, meaning the sensitivity test must be repeated again. If solution is still tasted on the second attempt, stop test, clean hands, mouth and face, and try another fit test with an alternative 3M respirator.



Reusable half facepiece respirators



Disposable (Filtering facepiece) respirators

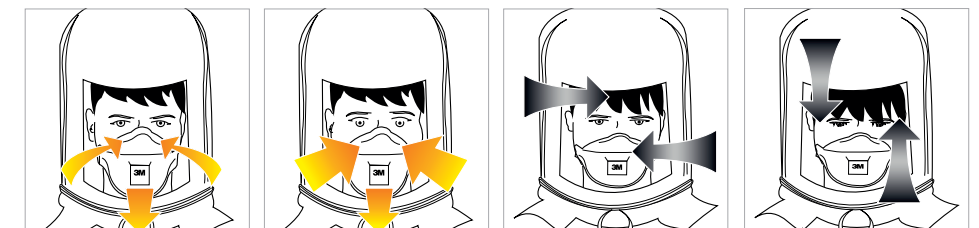
Prior to the sensitivity test, communicate the following with the respirator wearer:

- Ensure men are clean shaven
- Explain purpose of the test
- Cover medical clearance/assessment question
- Cover eating, drinking, smoking checks
- Give general overview of test and what it involves
- Check respirators are clean and functional
- Emphasise the importance of breathing through mouth, tongue out

! Please note that in order to carry out a full fit test, all the steps detailed below must be followed (parts one and two).

The seven exercises (per Fit Testing Procedures Appendix A of OSHA 1910.134)

Note: Subject must be standing while performing all exercises.



1. Breathe normally 2. Breathe deeply 3. Head side-to-side 4. Head up-and-down



5. Talking (Rainbow Passage) 6. Bend over at waist 7. Breathe normally

For further information or advice on correct selection and use of 3M PPE, call 3M Personal Safety Division on: 1800 024 464 (AU) and 0800 364 357 (NZ)

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