

N95 Respirator Fit Testing Competency Checklist

Name: _____

Date: _____

Resource: [Healthcare Respiratory Protection Resources, Fit Testing](#) | [NPPTL](#) | [NIOSH](#) | [CDC](#)

Note: Improperly fitted respirators will not efficiently protect a healthcare worker

Performance Criteria	Met	Not Met	Comments
1. Ask test subject if they have received fit test training and completed a medical evaluation*			
2. Ask test subject if they have consumed any food, drink (except water), or chewed any gum in the past 15 minutes. If they have, wait 15 minutes to administer the test			
3. Perform hand hygiene before preparing hood and nebulizers			
4. Help the test subject put the hood on and position the hood assembly forward so that there is about six inches between the subject's face and the hood window			
5. Instruct test subject to breathe through his/her mouth with tongue extended			
6. Inject ten squeezes of the Sensitivity Solution (#1) bulb, fully collapsing and allowing the bulb to expand fully on each squeeze. If not tasted, inject an additional ten squeezes of the aerosol into the hood. Repeat with ten more squeezes if necessary. Note whether 10, 20 or 30 squeezes produced a taste response			
7. Remove the test hood and give the subject a few minutes to clear the taste from his/her mouth			
8. Have test subject don the respirator and perform a user seal check			
9. Have test subject put on and position the test hood as before, and breathe through his/her mouth with tongue extended			
10. Inject the Fit Test Solution (#2) aerosol using the same number of squeezes as required in			

the Sensitivity Test. If solution is tasted, stop the test, wait 15 minutes, and start back at step #4.			
11. Inject one-half the number of squeezes (5, 10, or 15) every 30 seconds for the duration of the fit test procedure. If the solution is tasted by the subject at any point during the testing, stop the test and provide a new respirator for the subject. Try a different size or model respirator. After waiting 15 minutes, start back at step #4 and repeat as many times as necessary, until an appropriate fitting respirator is found for the subject. If the solution is not tasted, proceed to step 12.			
12. After the initial injection of aerosol, ask the test subject to perform the test exercises for 60 seconds each. If solution is tasted at any point, stop the test and provide a new respirator for the subject. After waiting 15 minutes, start back at step #4 and repeat as many times as necessary, until an appropriate fitting respirator is found for the subject.			
▪ Normal breathing			
▪ Deep breathing			
▪ Turning head side to side			
▪ Moving head up and down			
▪ Talking			
▪ Bending over/jogging in place			
▪ Normal breathing			
13. If the entire test is completed without the subject detecting the taste of the aerosol, the test is successful, and the respirator fit has been demonstrated.			
14. Disinfect inside surface of hood and the outer surfaces of nebulizer nozzles, using a disinfectant from the list of products that meet EPA criteria for use against SARS-CoV-2			





*Your facility should have a designated person for training/medical clearance record keeping

Score: Met / Not Met *(circle one)*

Validator Name: _____

Validator Signature: _____

Donning/Doffing the Respirator and User Seal Check

1) Hold the respirator in one hand, with the nose piece at the fingertips and let the head straps hang loosely in front of the respirator	
2) Place respirator under the chin, with the nosepiece up. While holding the respirator with one hand, pull the strap over your head, resting it at the top back of your head. Pull the bottom strap over your head, and place it around your neck, below your ears	
3) Using both hands, mold the nose piece to the shape of your nose by pushing inward with your fingertips	
4) Seal check: cover respirator completely w/ both hands, and exhale sharply. If air blows on your face or eyes, readjust the respirator according to Steps 3 & 4. do not use respirator until you pass the seal check	
5) To remove the respirator, hold the respirator with one gloved hand. With the other hand, pull the bottom strap over your head, and then pull the top strap off.	