

# FACE FIT TRAINING COURSES

In addition to providing on-site face fit testing through our Respair® division, JSP also offer fit testing training courses. Our established half-day training course offers a useful first step toward achieving competency in the use of our qualitative test kit. A new training course has also been developed to prepare candidates for full Fit2Fit accreditation in qualitative fit testing.



JSP Innovation Hub, Oxford, UK

## JSP TEST KIT COURSE

This 2-3-hour course provides a basic foundation of knowledge necessary to understand and use the JSP Qualitative Test Kit. Attendees will learn key principles and techniques, enabling effective ongoing practice to become competent fit testers. Individuals attending this course should have basic level knowledge in using RPE.

Attendees are required to obtain a JSP qualitative test kit, JSP respirator, and a subject to practice on, prior to the course. With these requirements, this course is best suited to a pair of fit testers or two employees. This course is available to anybody with purchase of JSP qualitative test kit and JSP respirator.

### Course topics:

- Importance of fit testing
- Overview of legislation, guidance, and best practice
- Selecting 'adequate' and 'suitable' respirators
- Overview of pre-use inspection and checks
- Fitting, and performing a fit check

- How to perform a qualitative taste test method fit test
- Handling results – pass or fail
- Diagnosing issues causing failure
- Reporting
- Documentation

Attendees will receive a JSP certificate confirming completion of the course.

JSP Test Kit course	
Duration:	Half day
Entry Requirements:	Minimum age 18. Must be fluent in English language
Equipment Requirements:	Attendees must obtain test kit, respirator, and test subject prior to training
Instructor Ratio:	1:6
Assessment:	Practical & multiple choice test
Certification:	JSP Certificate confirming completion
Validity Period:	N/A



## FIT2FIT ACCREDITED TRAINING COURSE

JSP's BSIF Fit2Fit Accredited training course has been developed to take those unfamiliar with fit testing to full Fit2Fit Accredited Fit Tester status. BSIF's RPE Fit Tester accreditation scheme is not compulsory, and employers are free to take other action to comply with the requirements, but achieving this accreditation is an established route to understanding and demonstrating good practice.

The course includes two days of face-to-face instruction, with guided self-learning to be completed between, ultimately delivering competency in practical 'Qualitative Fit Testing (QLFT) Methods'. Training is delivered by Fit2Fit Accredited fit testers with a proven track record of training individuals that have successfully fulfilled Fit2Fit requirements for accredited status in both

the Qualitative and Quantitative (Ambient Particle Counting) methods of fit testing.

Assessment involves written and practical exams, which can be arranged by JSP for those wishing to complete Fit2Fit accreditation as a group at our Oxfordshire headquarters, at additional cost to the candidate(s). Alternatively, candidates can liaise directly with BSIF to arrange accreditation.

This course will provide instruction and guidance on using respirators of all types that are widely available in UK workplaces from a range of different manufacturers, including modules on legal requirements, record keeping, the use, operation, and maintenance of respirators and fit test equipment.

### Course competencies:

- Understand the terms 'Assigned Protection Factor' (APF), 'Nominal Protection Factor' (NPF), and 'fit factor'
- Selection of adequate and suitable RPE
- Inspect and identify poorly maintained RPE
- The ability to correctly fit a mask and understand the importance of a pre-use seal check / fit check
- Knowledge of legislation and guidance that deals with fit testing
- Awareness of external factors that could affect the fit test
- The purpose and applicability of fit testing
- The difference between qualitative and quantitative fit testing and when to use
- The purpose of fit test exercises
- Understand capabilities and limitations of fit test methods
- Preparation of facepieces for fit testing
- How to carry out diagnostic tests on the facepiece and fit test equipment
- How to correctly perform a fit test with the chosen method
- Awareness and knowledge of how to prevent and correct problems during fit testing
- Interpretation of results
- Record keeping requirements



Teaching methods include PowerPoint presentations, written assessments, instructor & student practical demonstrations, with a syllabus that raises real workplace scenarios.

BSIF Fit2Fit Accredited course	
Duration:	2 separate days over 3-week period.
Entry Requirements:	Minimum age 18. Must be fluent in English language.
Equipment Requirements:	Attendees must obtain test kit; a selection of test respirators will be provided.
Instructor Ratio:	1:10
Assessment:	Practical and written
Certification:	BSIF Fit2Fit Accreditation (With additional assessment)
Validity Period:	3 years

