

# STEP 3 FIT TESTING

Fit testing should be carried out on initial selection or, at least, before an individual uses a tight-fitting respirator in a hazardous environment. Tight-fitting RPE refers to disposable respirators, half masks, and full face masks. Fit testing should be repeated at regular intervals, determined through company policy and risk assessment, and when there is a change such as:

- The wearer gains or loses a significant amount of weight
- The wearer undergoes major dental work, facial surgery, or sustains a facial injury
- There is a change in respirator type or size

## TWO TYPES OF FIT TESTING

### Qualitative:

- Method whereby a respirator worn by a test subject is challenged using a substance to be detected by taste or smell
- Applicable to disposable dust masks and half masks

### Quantitative:

- Methods using ambient particle counting (APC) or controlled negative pressure (CNP)
- APC method applicable to disposable, half, and full face masks
- CNP method applicable to half and full face masks



All methods require the test subject to carry out exercises to simulate movements made during work tasks.

## FACE FIT SUPPORT

JSP can help with respirator face fitting and fit testing in a number of ways. From testing to training, we provide a host of solutions to ensure JSP RPE wearers are able to achieve a good fit and get fit tested safely.



### FIT TESTING

JSP have Fit2Fit accredited personnel who are able to conduct face fit testing. Testing can be arranged at the customer site for an agreed number of individuals using JSP RPE. Contact our Sales team on +44 (0)1993 826050 to discuss fit testing options.

There are also a number of independent fit testing companies who can conduct testing. Fit2Fit accredited testers are listed here: <https://www.fit2fit.org/find-a-tester/>

### FIT TESTING KITS

Kits and equipment for fit testing are available. The JSP Fit Test Starter Kit is ideal for new fit testing businesses, or those beginning to use JSP RPE. The JSP Qualitative Test Kit provides everything needed to conduct a qualitative fit test.

Adaptors for quantitative fit testing JSP Force® masks are also available. Find out more about JSP fit testing kits and accessories on pages 75 - 76.



### TRAINING

JSP also offer fit testing training courses. The JSP Test Kit Course is an introduction to the JSP Qualitative Test Kit and how to use it. The new Fit2Fit Accredited Course prepares candidates for full Fit2Fit accreditation in qualitative fit testing.

For more information on JSP fit testing training courses see pages 21 - 22.

### FACE FIT CHECK TECHNOLOGY

Each time tight-fitting RPE is worn the wearer must perform a 'fit check', before entering the hazard area, in addition to fit testing on selection. This ensures that the respirator has been adjusted correctly to create a tight seal.

PressToCheck™ filters provide an easy way to check the seal of Force®8 and Force®10 Typhoon™ respirators with daily face fit check technology. Find out more on pages 41 - 42.

### FURTHER INFORMATION

For more information on fit testing see HSE fit testing information document INDG 479 and accompanying BSIF Fit2Fit Companion documents, available for free download on HSE and BSIF websites:



<https://www.hse.gov.uk/pubns/indg479.pdf>



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