

Santa Cruz County Fit Testing Guide

What is Fit Testing?

A “fit test” is a test protocol conducted to verify that a respirator (E.G., N95) is both comfortable and provides the wearer with the expected protection. Fit testing uses a test agent either **qualitatively** detected by the wearer’s sense of taste, smell, or involuntary cough (irritant smoke) or **quantitatively** measured by an instrument, to verify the respirator’s fit. It takes about fifteen to twenty minutes to complete and should be performed at least annually. After passing a fit test with a respirator, you must use the exact same make, model, and size respirator on the job.

Employees **must** be fit tested before using a respirator in the workplace. *Example:* if an employee receives a fit test for an 1870 N95 mask, then they are only approved to wear that mask while they are working. If they are provided with an 1860 N95 mask, then they should be re-fit tested.

Who Can Conduct Fit Testing?

- Fit Testing can be outsourced through local vendors or conducted in-house by an experienced fit tester.
- Experienced fit testers should follow the Occupational Health and Safety Association (OSHA) standards for medical requirements (*OSHA doesn’t require fit test administrators to be certified, just to know how to conduct a test, recognize invalid tests, and properly clean and maintain equipment*).

Local Vendors:

- [FAST Fit Testing](#); local to the Santa Cruz area.
 - o Contact Information: drcasey@fastresponseonsite.com; (831)477-2867
- [Precision Mobile Testing](#):
 - o Contact Information: <https://www.precisionmobiletesting.com/>; (831)228-1793 or (831) 319-9817

Previous Fit Testing:

Fit testing can be done by your employer or an outside party, including a union, an apprenticeship program, a contractor's association, or a past employer. Your current employer is permitted to accept fit testing you have received from an outside party (such as a former employer) within the last 12 months, as long as you use the same respirator make, model, style, and size at your new worksite.

Resources:

- [NIOSH approved Surgical N95](#)
- [CDC-Fit Test FAQ's](#)
- [Seven Steps to Putting on a Respirator](#)
- [Frequently Asked Questions around Respiratory Fit Testing](#)
- [NIOSH-Approved Respirators](#)