



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health

Fit Testing

Pre-Test Education

Organizations wanting fit testing must have a respirator program in place prior to any fit testing conducted. Additionally, organizations wanting fit testing must **provide their staff with education** prior to BBPH staff arrival. This education will include the following topics:

- **Fit test definition/concept explanation**

Respiratory fit testing tests the seal of a respirator face mask on your face while performing a variety of everyday actions. This test helps to ensure that you are properly and safely wearing your personal protective equipment. Respirators protect the provider from contaminants entering the upper and lower airways. Respirators are the most important protective equipment in an emergency or long-term exposures.

- **OSHA Respirator Medical Questionnaire**

This medical questionnaire must be completed and reviewed by a medical provider at a PA level or higher. Only individuals who have been medically cleared will be fit tested. Individuals should be informed about their results and if they can fit test.

- **Donning/Doffing N95s**

BBPH has provided a PDF ([How to Wear a Respirator Handout](#)) explaining how to don and doff a respirator, as well as how to perform a fit check. Use this form as the basis for education.

- **No eating/drinking anything in the hour prior to testing**

If individuals have eaten or drank anything in the hour prior to testing, these individuals will be ineligible to be tested.

- **Individuals must be clean shaven for test**

On the day of an individual's fit test, they must be clean shaven. If an individual has facial hair, the individual will be ineligible to be fit tested.

- **Taste/Smell requirements**

Qualitative testing utilizes an irritant (Bitters or Sweets) that is put into a hood with a masked individual. If the individual has certain taste or smell issues, this may effect the results of an individual's test.

- Individuals to be tested must not be pregnant
Individuals who are pregnant will likely experience significant weight loss and gain throughout their pregnancy that will lend itself to inconsistent fit test results. According to the CDC, There were no differences between the pregnant and non-pregnant women with respect to heart rate, respiratory rate, oxygen saturation, transcutaneous carbon dioxide level, chest wall temperature, aural temperature, and subjective perceptions of exertion and thermal comfort. No significant effect on fetal heart rate was noted.
- Previous fit testing results and equipment review
When BBPH staff conducts fit testing for organizations, it shares results with these facilities. Copies of these forms should be shared with staff prior to fit testing so they know what masks they were previously tested on.
- All individuals must watch this YouTube video (<https://youtu.be/HmlqEikHkoE>) prior to the testing event.
This video reviews standards and implementations with regards to fit testing. The video also gives visual examples for how to secure a proper seal with a mask.

Note: Organizations that need assistance with education or have questions, may contact SWC Regional Coordinator Crystalynn Kuntz by phone (701-355-1546) or by email (ckuntz@bismarcknd.gov).