Instructions for Trained Fit Testers
(Disposable N95)

Equipment needed for set-up:
- Instruction sheets for the Disposable N95 (to be handed out)
- Fit Test Instructions (this paper)
- Fit Testing Encounter Form (to be filled out by the employee)
- Bitrex Solutions and nebulizers (2 of each)
- Hoods

Contraindications: DO NOT FIT TEST ANYONE WHO IS/HAS:
- Not had their initial fit testing done here at UMMC
- Not been medically cleared to wear a respirator
- Claustrophobia
- Beard or facial hair (These people are to be trained on the PAPR)
- Obvious medical conditions (e.g. trouble breathing)

Confirm no gum chewing and/or coffee drinking
Hand out Fit testing encounter forms to be filled out and respirator instruction sheets

Explain the fit test process:
- We are doing this to help ensure your safety and for your compliance
- This test will take approximately 10 minutes of your time
- We will be using a bitter tasting/smelling solution if at any time during the test you sense, taste, or smell it please let me know as soon as possible.
- Let me know if you become claustrophobic or experience difficulty breathing

Perform Sensitivity Test (Hood without the mask; Red Bitrex bottle & nebulizer)
- Inform the employees that you are making sure that they can smell, taste, or sense the solution that we use. About 10% of the population can NOT sense it and some people do lose their sensitivity to the solution over time.
  - Place hood over their head; get positive affirmation that they are OK!
  - Use red nebulizer and red bitrex bottle solution; open plug on the nebulizer
  - Tell staff to inform you as soon as they smell, taste, or sense the solution and then they can remove the hood.
  - Instruct employees to breathe through their mouth
  - Carefully puff (one puff at a time) the nebulizer through the hole in the hood collar; STOP as soon as they can smell, taste, or sense the solution
  - The employee will PASS this sensitivity test if they can smell, taste, or sense the solution
  - The employee will FAIL this sensitivity test if they can NOT smell, taste, or sense the solution after 30 PUFFS.
    If they fail they will need to get trained on the PAPR.
  - Document their results on their encounter form

- Wait a few minutes after the sensitivity check to ensure that the solution has dissipated and confirm that they are ready to move on
- Employees should don their mask and WAIT. Instruct the employees to use two hands and mold the nose piece to their nose. Pinching the nose piece creates a gap and a gap is just like not having a mask on at all.
  (NOTE: if they pinch their mask they may need to get another mask and re-do the process)
- Every time they put on the N95 they need to perform a seal check to ensure that it fits them properly.
  - Have them place both hands over the respirator and exhale
  - Ask the employee if there is any air leaking from around the edges.
  - If air leaks, try molding metal strip again or try a different size mask
Perform Fit Test (Hood with mask on; black Bitrex bottle and nebulizer)

- Inform the employees that they should NOT smell, taste, or sense the solution during this test. If they do they need to notify you IMMEDIATELY. At that point you will have them remove their hood and mask and will try again with a new mask once the smell/taste dissipates.
  - Place hood over their head with respirator on; get positive affirmation that they are OK!
  - Use black nebulizer and Bitrex bottle solution; open plug on the nebulizer
  - Start with 10 puffs into the hood
  - Add 5 puffs every 30 seconds throughout the following exercises. Each exercise should be performed for 60 seconds:
    - Normal Breathing
    - Deep breathing (ensure they do not hyperventilate)
    - Turn head side to side
    - Move head up and down
    - Talking (Rainbow passage or star wars)
    - Jog/walk/dance/jumping jacks
    - Sit down/sit normal breathing
- Confirm that they did not smell, taste, or sense the solution at all during the test
- Remove the hood and the mask (inform them that the mask should not touch their face or clothes avoiding contamination)
- Employee will PASS if they did not smell, taste, or sense the solution at all during the test
- Note the results on the encounter form

WHAT IF'S:
Subject experiences difficulty?

- Stop the test
- Remove the hood and mask
- Have the person sit down and call for assistance prn

Subject cannot taste/smell/sense the sensitivity Bitrex solution after 30 puffs?

- You can try using the black testing solution or offer to train them on the PAPR
- If they still cannot taste/smell the black testing solution train them on the PAPR and contact Safety.

Subject tastes/smells the Bitrex solution during the fit test

- Stop the individual test (if you have help you can have the other participants continue)
- Remove the hood and mask
- Breathe normally until the smell/taste dissipates
- Have them get a new mask and make sure they mold the nose piece to their nose properly and perform another seal check
- Retest (if this occurs 2x they may need to try another size mask or you can train them on the PAPR)

Please fax completed encounter forms to Safety & Environmental Health (B-9500) by the end of shift.
Have questions? Contact Kenny Glenn at B-8515 or email klgrenn@umn.edu
Instructions for Trained Fit Testers
(Reusable N95)

Equipment needed for set-up:
- Instruction sheets for the Disposable N95 (to be handed out)
- Fit Test Instructions (this paper)
- Fit Testing Encounter Form (to be filled out by the employee)
- Bitrex Solutions and nebulizers (2 of each)
- Hoods

Contraindications: DO NOT FIT TEST ANYONE WHO IS/HAS:
- Not had their initial fit testing done here at UMMC
- Not been medically cleared to wear a respirator
- Claustrophobia
- Beard or facial hair (These people are to be trained on the PAPR)
- Obvious medical conditions (e.g. trouble breathing)

Confirm no gum chewing and/or coffee drinking
Hand out Fit Testing Encounter forms to be filled out & 3M reusable respirator instruction sheets

Explain the fit test process:
- We are doing this to help ensure your safety and for your compliance
- This test will take approximately 10 minutes of your time
- We will be using a bitter tasting/smelling solution if at any time during the test you sense, taste, or smell it please let me know as soon as possible.
- Let me know if you become claustrophobic or experience difficulty breathing

Perform Sensitivity Test (Hood without the mask; Red Bitrex bottle & nebulizer)
- Inform the employees that you are making sure that they can smell, taste, or sense the solution that we use. About 10% of the population can NOT sense it and some people do lose their sensitivity to the solution over time.
  - Place hood over their head; get positive affirmation that they are OK!
  - Use red nebulizer and red bitrex bottle solution; open plug on the nebulizer
  - Tell employer to inform you as soon as they smell, taste, or sense the solution and then they can remove the hood.
  - Instruct employee to breathe through their mouth
  - Carefully puff (one puff at a time) the nebulizer through the hole in the hood collar; STOP as soon as they can smell, taste, or sense the solution
  - The employee will PASS this sensitivity test if they can smell, taste, or sense the solution
  - The employee will FAIL this sensitivity test if they can NOT smell, taste, or sense the solution after 30 PUFFS.
  - If they fail they will need to get trained on the PAPR.
  - Document their results on their encounter form

- Wait a few minutes after the sensitivity check to ensure that the solution has dissipated

Review Inspections/Cleaning
- Prior to each use, you should inspect your respirator to ensure it is not cracked, torn, or damaged
- Make sure inhalation & exhalation valves are present and not damaged
- Wipe your respirator off with alcohol, respirator, Oxivir, or Dispatch wipes
- Confirm that employees are ready to move on
Donning:

- Place the mask over mouth and nose
- Pull the head harness over the crown of your head & Hook bottom strap behind your neck
- Masks should be snug, but not too tight
- Every time you put on your reusable respirator you need to perform TWO seal checks
  - For a positive pressure seal check: place your hand or fingers over the exhalation opening at the bottom of your mask and blow out. The mask should bulge slightly from your face.
  - For a negative pressure seal check: gently squeeze the inside of your cartridges and inhale. The mask should suction to your face.
  - If you did not pass any of the seal checks readjust your mask and try again.
  - Do NOT proceed into a patient’s room without passing both seal checks

Perform Fit Test (Hood with mask on; Black Bitrex bottle and nebulizer)

- Inform the employees that they should NOT smell, taste, or sense the solution during this test. If they do they need to notify you IMMEDIATELY. At that point you will have them remove their hood and mask and will try again once the smell/taste dissipates.
  - Place hood over head with respirator on; get positive affirmation that they are OK!
  - Use black nebulizer and Bitrex bottle solution; open plug on the nebulizer
  - Start with 10 puffs into the hood
  - Add 5 puffs every 30 seconds throughout the following exercises. Each exercise should be performed for 60 seconds:
    - Normal Breathing
    - Deep breathing (ensure they do not hyperventilate)
    - Turn head side to side
    - Move head up and down
    - Talking (Rainbow passage or star wars)
    - Jog/walk/dance/jumping jacks
    - Sit down/normal breathing
  - Confirm that they did not smell, taste, or sense the solution at all during the test
  - Remove the hood
  - Employee will PASS if they did not smell, taste, or sense the solution at all during the test
  - Note the results on the encounter form

Doffing:

- Wash your hands before and after removing your mask
- Remove the mask taking care that it does not touch the your face or clothing
- Disconnect the lower straps and move the head harness off of your head.
- Disinfect the mask after each use. At the end of your shift, thoroughly wipe the inside and outside of your mask.

Review Maintenance/Cleaning:

- Occasionally do a deep clean of your mask (remove the cartridges) and soak the mask in hot soapy water, rinse, and let it air dry
- Replace the cartridges when mask is dry
- Store your mask where is accessible and won’t get lost or stolen

NOTE: your cartridges are good for a lifetime as long as they don’t get wet or damaged.
WHAT IF'S:
Subject experiences difficulty?
- Stop the test
- Remove the hood and mask
- Have the person sit down and call for assistance prn

Subject cannot taste/smell/sense the sensitivity Bitrex solution after 30 puffs?
- You can try using the black testing solution or offer to train them on the PAPR
- If they still cannot taste/smell the black testing solution train them on the PAPR and contact safety.

Subject tastes/smells the Bitrex solution during the fit test
- Stop the test (if you have help you can have the other participants continue)
- Remove the hood and mask
- Breathe normally until the smell/taste dissipates
- Retest (if this occurs 2x you can train them on the PAPR)

Please fax completed encounter forms to Safety & Environmental Health (8-9500) by the end of shift.

Have questions? Contact Kenneth Glenn at 8-8515 or email kglenn@umn.edu