

Title 8 - Initial Fit-test

- Explanation from CAHF DPP
- Grant funded program
- Tools, templates, resources
- www.cahfdisasterprep.com
- Jason Belden, Director of Emergency Preparedness and Physical Plant Services
- jbelden@cahf.org

Fit-testing Requirements Appendix A to Section 5144

- [California Code of Regulations, Title 8, Section 5144. Appendix A Fit Testing Procedures \(Mandatory\).](#)
- Employer shall conduct fit testing using the following procedures
 1. Employee given choice of respirator from available supply – limited supply considerations
 2. Employee is given demonstration of how to don/doff and adjust respirator - [Demonstration of Donning \(Putting On\) Personal Protective Equipment \(PPE\) - YouTube](#)
 3. Let employee know that if the respirator fits it will confer adequate protection
 4. Have employee choose respirator that works best for them

Fit-testing Requirements Appendix A to Section 5144

5. Have employee spend five minutes assessing comfort; have them don and doff multiple times to become adept at adjusting tension on straps
6. Assess position of mask (nose, cheeks, face); room for eye protection; room to talk
7. Have employee self-observe in a mirror – Chin placement, strap tension, fit across the nose bridge, proper size
8. Seal Check - Employee don's mask; turns head side-to-side and up and down while taking deep breaths

Fit-testing Requirements Appendix A to Section 5144

9. Limited facial hair allowance - [Infographic - Facial Hairstyles and Filtering Facepiece Respirators \(cdc.gov\)](#)
10. Refer to MD if difficulty breathing while wearing mask to determine capability
[CAHF Model Respiratory Protection Program](#)
11. If respirator does not fit employee given another choice of mask to retest
12. Describe testing procedures to employee
13. Employee wears all PPE they will be required to wear with respirator

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14. Test exercises –

- a. Breath normally
- b. Breath deeply
- c. Move head side-to-side up, up-and-down; range of motion
- d. Talking – repeat passage
- e. Employee smiles, grimaces, frowns with mask on
- f. Employee jogs in place or touches toes
- g. Employee finishes by breathing normally after test with respirator on

Qualitative process - [3M Respirator Fit Kit Test Video - YouTube](#)