



**FULL SUPPORT®**

Protection and Safety without Compromise



# FIT TESTER TRAINING WORKBOOK



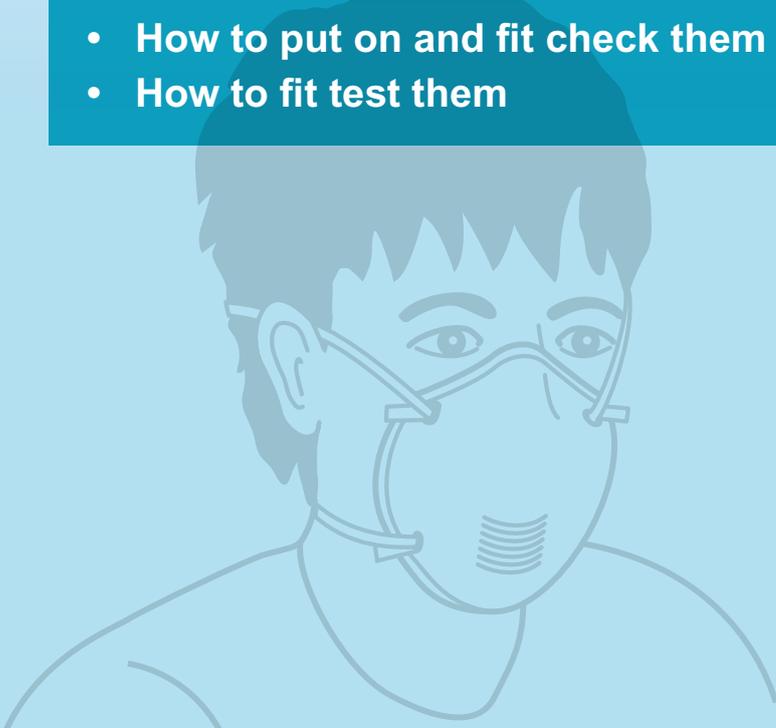


# A guide to the **FFP3 respirator**

An FFP3 respirator should be worn by frontline staff when carrying out a potentially infectious aerosol-generating procedure. Where a patient is known/suspected to have an infection spread via the aerosol route or when caring for patients known/suspected to be infected with a newly identified respiratory virus. It is a legal requirement that anybody who might be required to wear an FFP3 respirator be **fit tested in order to check that an adequate seal can be achieved** with each specific model. It is also important that the user carries out a fit check each time an FFP3 respirator is worn.

This booklet is designed to complement the FFP3 fit test training sessions being rolled out by trusts. It provides visual and practical information on:

- **When to use them**
- **How to put on and fit check them**
- **How to fit test them**



# When to use a **surgical face mask** or **FFP3** respirator

When caring for patients with **suspected or confirmed infectious respiratory virus**, all healthcare workers need to – prior to any patient interaction – assess the infectious risk posed to themselves and wear the appropriate personal protective equipment (PPE) to minimise that risk.

## When to use a surgical face mask



**In cohorted area  
(but no patient contact)**

**For example:**

Cleaning the room, equipment cleaning, discharge patient room cleaning, etc

**PPE to be worn**

- Surgical face mask (along with other designated PPE for cleaning)

**Close patient contact  
(within one metre)**

**For example:**

Providing patient care, direct home care visit, diagnostic imaging, phlebotomy services, physiotherapy, etc

**PPE to be worn**

- Surgical face mask
- Apron
- Gloves
- Eye protection (if risk of contamination of eyes by splashes or droplets)

## When to use an FFP3 respirator



**Carrying out potentially infectious aerosol generating procedures**

**Where a patient is known/suspected to have an infection spread via the aerosol route**

**When caring for patients known/suspected to be infected with a newly identified respiratory virus**

**For example:**

bronchoscopy, endotracheal intubation, tracheostomy procedures, cardiopulmonary resuscitation, diagnostic sputum induction:

**PPE to be worn**

- FFP3 respirator
- Gown
- Gloves
- Eye protection

- Fit testing should be carried out by a properly trained competent fit tester.

These images are for illustrative purposes only. Always follow the manufacturer's instructions.

## Remember

- PPE should be put on and removed in an order that minimises the potential for cross-contamination.
- The order for PPE removal is gloves, apron or gown, eye protection, surgical face mask or FFP3 respirator.
- Hand hygiene must always be performed following removal of PPE.
- Healthcare workers who have had influenza vaccination, or confirmed influenza infection, are still advised to use the above infection control precautions.

## Now perform a fit check



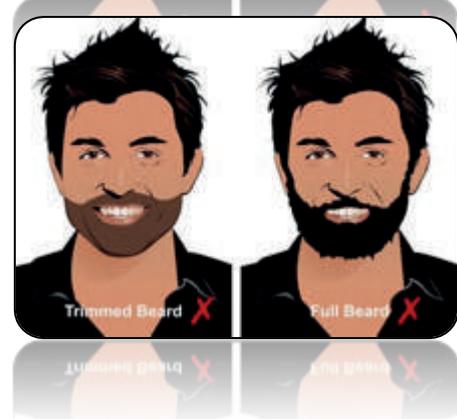
- Cover the front of the respirator with both hands, being careful not to disturb the position of the respirator on the face.
- For an unvalved product – exhale sharply; for a valved product – inhale sharply.
- If air flows around the nose, readjust the nosepiece; if air flows around the edges of the respirator, readjust the headbands.
- A successful fit check is when there is no air leaking from the edges of the respirator. Always perform a fit check before entering the work area.
- If a successful fit check cannot be achieved, remove and refit the respirator.
- If you still cannot obtain a successful fit check, do not enter the work area.

## Remember

- FFP3 respirators are designed to protect the wearer from breathing in small airborne particles which might contain viruses. A fit check is not a substitute for fit testing
- They should be worn only when carrying out aerosol-generating procedures on patients with a suspected or confirmed respiratory virus. Where a patient is known/suspected to have an infection spread via the aerosol route or when caring for patients known/suspected to be infected with a newly identified respiratory virus.
- Respirators are available in different sizes and designs, and must be fitted correctly to provide the best protection.
- Clean shaven skin will help to ensure an appropriate fit.
- Respirators must be used with other necessary personal protective equipment (PPE) such as gowns, gloves and compatible eye protection.
- Respirators should be discarded after each use.
- Respirators should be disposed of as healthcare waste.
- Hand hygiene must always be performed following removal and disposal of PPE.
- The respirator images are for illustrative purposes only. Always follow the manufacturer's instructions.

## Pre Fit Test Checklist

- Ask if the individual has had anything to eat or drink, or smoked in the last 30 minutes
- Ask if they are fit to take the test, coughs, colds etc
- Check that the individual is clean shaven and is always clean shaven at work
- Ask if other PPE is worn, glasses, hearing aids, visors etc
- All other PPE must be worn during the fit test
- Explain why you are conducting a fit test
- Briefly explain the test exercises
- Instruct how to don and doff the mask
- Visually check that the mask is fitted correctly
- Check that no hair is trapped in the face seal
- Inform the individual this is a taste test and they must breathe through their mouth
- Check that nebulisers are in good working order by spraying against a dark background



## Sensitivity Test Protocol

Hold the nebuliser up to a dark background and squeeze (to check a spray is generated). Check that the wearer has not had anything to eat, drink (except water), smoked, vaped or chewed gum for 30 minutes before the test.

### THE TEST

Don the hood onto the subject and secure, reminding them to breathe through their mouth throughout the Sensitivity Test, this is a taste test.



Using the Sensitivity Test Nebuliser, remove both plugs and insert nozzle into the hood through the hole in the front. Counting the number of sprays as you go, spray the solution into the hood - away from the face, asking the subject to raise their hand when they detect a taste.



Once the subject has detected the solution, remove the hood and make a note of how many sprays were required.



**NOTE:** Offer the subject a drink of water and wait 15 minutes, or until the taste has cleared from their mouth before conducting the Fit Test.

**NOTE:** The Fit Test should be conducted as a continuous test and should a tester not wish to continue directly from the sensitivity test to the fit test, the wearer should refrain from smoking, eating or drinking, except water, during that period.

**CAUTION:** If the Sensitivity Solution is not tasted after 30 sprays, end the test immediately and repeat the Sensitivity Solution using an alternative solution type. If neither solution is detectable by the subject, other forms of Fit Testing are available - see Appendix 2 - Trouble Shooting for more information.

#### 4.2. Calculating the Fit Test Dosage

The Sensitivity Test allows you to determine the number of sprays and top up sprays required for the Fit Test. As seen in the diagram (right), the Fit Test requires an initial number of sprays, followed by further sprays every 30 seconds throughout the test.

**EXAMPLE:** It took Freda 23 sprays to taste the solution in the Sensitivity Test. In the Fit Test Freda will require an initial dose of 30 sprays at the start of the test, followed by a further top up dose of 15 sprays every 30 seconds.

No. of Sensitivity Sprays	Initial dose for Fit Test	Top up dose for Fit Test (every 30 secs)
1-10	10	5
11-20	20	10
21-30	30	15

## Performing a Fit Check

### Duckbill Unvalved FSM16 Duckbill Valved FSM14

Please ensure that you follow these six steps to fit your respirator correctly:

#### 1. Prepare



Fully open respirator. Pull bottom strap downwards so top strap runs parallel with nose band on outside of the respirator. Bend nose wire in centre to form a gentle curve.

#### 2. Don



Pull bottom strap over the head so it rests at back of the neck and below the ears. Place bottom of respirator onto the chin and top of respirator onto bridge of the nose. Pull upper strap and place it on crown of head above the ears.

#### 3. Check



Pull respirator down under chin removing creases and ensuring the respirator sits centrally on the face.

#### 4. Mould



Mould nosepiece across bridge of nose by firmly pressing down until there is a good seal.

#### 5. Fit Check



Perform a fit check by cupping both hands over the respirator. Unvalved respirators, exhale sharply. Valved respirators, inhale sharply. If air leaks around the nose adjust nose clip. If air leaks around the edge of respirator adjust straps to eliminate leakage, then repeat process.

#### 6. Dispose



Remove the mask by holding the straps and lifting them over your head, then dispose of the mask. Do not touch the mask – it may be contaminated.

**Please be aware that our fit testing is mask and brand specific. Ensure you are wearing the Easimask<sup>®</sup> for which you received fit testing.**

Additional supplies of Easimask can be ordered via NHSSC  
Order Codes: **FSM16 BTP059 (unvalved) FSM14 BTP148 (valved)**. Closest depart stocking this product:

Fit testing should be carried out by a trained competent fit tester.

Your department fit tester is:

## Performing a Fit Check

**Custom Fit Unvalved FSM18 Custom Fit Valved FSM17**

Please ensure that you follow these five steps to fit your respirator correctly:

### 1. Prepare



Fully open respirator. Pull bottom strap downwards so top strap runs parallel with nose band on outside of the respirator.

### 2. Don



Pull bottom strap over the head so it rests at back of the neck and below the ears. Place bottom of respirator onto the chin and top of respirator onto bridge of the nose. Pull upper strap and place it on crown of head above the ears.

### 3. Check



Pull respirator down under chin and ensure the respirator sits centrally on the face.

### 4. Fit Check



Perform a fit check by cupping both hands over the respirator. Unvalved respirators, exhale sharply. Valved respirators, inhale sharply. If air leaks around the nose adjust nose area. If air leaks around the edge of respirator adjust straps to eliminate leakage, then repeat process.

### 5. Dispose



Remove the mask by holding the straps and lifting them over your head, then dispose of the mask. Do not touch the mask – it may be contaminated.

**Please be aware that our fit testing is mask and brand specific. Ensure you are wearing the Easimask<sup>®</sup> for which you received fit testing.**

Additional supplies of Easimask can be ordered via NHSSC  
Order Codes: **FSM18 (unvalved) FSM17 (valved)**.  
Closest depart stocking this product:

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**Your department fit tester is:**

## Fit Test Exercises Protocol

### Donning the Respirator Mask

- Instruct the subject on how to don and doff the respirator mask correctly. Please refer to the respirator mask manufacturer's instructions if it is a respirator that you are not familiar with.
- Visually check that the respirator mask is fitted correctly and check that no hair is trapped along the face seal.
- If Personal Protective Equipment (PPE) is usually worn during the course of work (including spectacles and hearing aids) it also needs to be worn for the Fit Test.

**CAUTION:** If PPE interferes with the Qualitative Fit Test process you may need to perform an alternative method of Fit Testing, such as the Quantitative method.

**Note:** Half-face respirator masks can only be Fit Tested in this method when fitted with a P3 filter(s) or combined filter(s) including a P3 component that is as close as possible to the weight and dimensions of those used in the workplace.

### Conducting a Fit Test

- Explain to the subject that the Fit Test procedure lasts for 7 minutes. During which they must follow the exercises precisely as per your instructions.

**NOTE:** It's important that they avoid talking, laughing or doing anything different from the test protocol.

- If the solution is tasted at any point, the subject should raise their hand and the test be terminated.

**NOTE:** You may retest a person on the same make/model of respirator up to 2 times. If the subject fails twice on the same type of respirator mask it is a good indication this particular make/model isn't a good fit for their face and an alternative model should be selected for testing.

- Ask the subject whether they have had anything to eat or drink (except water), smoked, vaped or chewed in the last 15 minutes.
- Double check the Fit Test Nebuliser is still working by removing both plugs and spraying it against a dark background.
- Don the hood onto the subject and secure, reminding them to breathe through their mouth throughout the Fit Test.
- Using the results of the Sensitivity Test, administer the initial dose and top up with the required dosage every 30 seconds to maintain the concentration of the test solution inside the hood. Using a stopwatch, each test exercise listed (right) should be performed for 1 minute. Start the stopwatch immediately after you have loaded the hood with the initial dose and be sure to add the top up dose every 30 seconds.

**Step 1** Normal breathing through the mouth for 1 minute, reminding the subject that this is a taste test with no head movement or talking.

Initial dose **00.00**  
Top up at **00.30s**



**Step 2** Deep breathing for 1 minute - breathe slowly and deeply through the mouth with no head movement or talking.

Top up at **01.00**  
Top up at **01.30s**



**Step 3** Turning head side to side for 1 minute - slowly, inhale at each side through the mouth without talking.

Top up at **02.00**  
Top up at **02.30s**



**Step 4** Moving head up and down for 1 minute - slowly, inhale in up and down position without talking.

Top up at **03.00**  
Top up at **03.30s**



**Step 5** For 1 minute, count backwards from 100 or read from the Rainbow Passage (see back page).

Top up at **04.00**  
Top up at **04.30s**



**Step 6** Bending over repeatedly for 1 minute - bend at the waist, breathing through the mouth without talking.

Top up at **05.00**  
Top up at **05.30s**



**Step 7** Normal breathing through the mouth for 1 minute - no head movement or talking.

Top up at **06.00**  
Top up at **06.30s**



**Confidence Test** On completion of a Fit Test ask the subject to remove the respirator mask within the hood.

Final top up at **07.00s** at the end of the procedure



If you successfully complete these stages and can't taste the solution, the test is a pass.

**NOTE:** It is important to brief the subject that they have passed the Fit Test for this specific make and model of respirator only. Should they wish to change to a different make or model of respirator they would need to undergo another Fit Test.

## Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow.

The rainbow is a division of white light into many beautiful colours

These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon.

There is, according to legend, a boiling pot of gold at one end.

People look, but no one ever finds it.

When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.



\*To be read continuously for a period of 1 minute, during the Fit Test procedure



# Qualitative Fit Test Report

Employee Name:		
Department:		
Organisation:		
Date of Test:		
Is the person clean shaven?	Yes	No
Is the person medically fit?	Yes	No
Is the person nil by mouth in the last 30 mins?	Yes	No
Has the person smoked/vaped in the last 30 mins?	Yes	No

Test conducted using:	Sweet test solution	Bitter test solution
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**SENSITIVITY TEST:** Please circle the sensitivity level, based on the outcome of your sensitivity test.

No. of sensitivity sprays	First dose for fit test	Top up dose for fit test
1-10	10	5
11-20	20	10
21-30	30	15

No taste	N/A - Repeat sensitivity test using alternative solution	N/A - Repeat sensitivity test using alternative solution
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**Please identify what was used in your fit test:**

Respirator type (please circle):	Duckbill Valved FSM14	Duckbill Unvalved FSM16
	Custom Valved FSM17	Custom Unvalved FSM18
Other facial PPE worn ie: visor/glasses/hearing aids:		
Make:	Model:	

<b>FIT TEST EXERCISES:</b>	<b>Pass</b>	<b>Fail</b>
Normal breathing		
Deep breathing		
Turning head side to side		
Moving head up and down		
Talking out loud - Rainbow Passage		
Bending over		
Normal breathing		

Test result	Passed 1st time	Passed 2nd time	Failed 1st time	Failed 2nd time
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Employee Name:	Signature	Date:
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Tested by:	Signature:	Date:
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## Ordering information for Easimask<sup>®</sup> FFP3 respirators, Fit Test Kits & Accessories

Classification	Shape	Valved / Unvalved	Filtration	Qty per box	Qty per case	Inner Box Dimensions	Case Dimensions	FSH Code	NPC
FFP3	Custom	Unvalved	>99%	10	120	28x14x13	29.3x40.6x57	FSM18	BTP349
FFP3	Custom	Valved	>99%	10	120	28x14x13	29.3x40.6x57	FSM17	TBC
FFP3	Duckbill	Unvalved	>99%	30	240	26.7x21.5x10	28.5x45x42.5	FSM16	BTP059
FFP3	Duckbill	Valved	>99%	20	160	26.7x21.5x10	28.5x45x42.5	FSM14	BTP148

Description	Order Code - Direct	Order Code - NHS
Full Support Fit Test Kit - Bitrex™	IND-119-0003	BTP203
Full Support Fit Test Kit - Saccharin	IND-119-0022	BTP344
Replacement Sensitivity Solution Ampoules (Bitrex™)	IND-119-0014	BTP311
Replacement Sensitivity Solution Ampoules (Saccharin)	IND-119-0018	BTP316
Replacement Fit Test Solution Ampoules (Bitrex™)	IND-119-0015	BTP312
Replacement Fit Test Solution Ampoules (Saccharin)	IND-119-0019	BTP317
Replacement Hood	IND-119-0004	BTP204
Replacement Nebulisers	IND-119-0005	BTP205





## RPE Kits/Grab Bag<sup>™</sup>

Loose-fitting powered air respirators with hoods rely on enough clean air being provided to the wearer to prevent contaminant leaking in. These respirators do not require a Fit Test because no seal is required to work. They are perfect for any staff with facial hair, staff who have not been fit tested or staff that cannot achieve an adequate seal with a tight-fitting face-piece.

The Full Support range of powered air kits are very versatile in the levels of protection that they can provide. They are ideal for instances where total face protection is required or when staff are coming into contact with chemical or gases where a specific chemical kit can be selected.

### RPE KITS/GRAB BAG<sup>™</sup> KIT CONTENTS

- 1 x Half-hood (2 in Grab Bag<sup>™</sup>)
  - 1 x Blower unit: microprocessor control
  - 1 x 8 hour NMH battery (2 in Grab Bag<sup>™</sup>)
  - 1 x Smartcharger
  - 1 x Fixed length hose (2 in Grab Bag<sup>™</sup>)
  - Belt & flow tester
  - 1 x Storage box (Grab Bag<sup>™</sup> comes with wheeled cases)
- Assembly Videos and Cleaning & Maintenance Guides available at our website below:

[www.fullsupportgroup.com](http://www.fullsupportgroup.com)



**The RPE Kit - IND-119-0027**  
Ideal protection for individuals against respiratory viruses or a wide range of particulate hazards, an ideal solution for Healthcare or Industry.



**The RPE Grab Bag<sup>™</sup> - IND-119-0028**  
The emergency solution for 24 hour patient care against respiratory viruses, the perfect solution for healthcare and emergency services.

CLEAN SHAVEN ✓



DESIGNER STUBBLE ✓



TRIMMED BEARD ✓



FULL BEARD ✓



### Filters - Grab Bag & RPE Kit

P R SL (P3)	IND-110-2358
A1B1E1K1 Hg P R S L	IND-110-2359



**FULL SUPPORT<sup>®</sup>**

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