

Oregon OSHA's Adoption of Additional Federal OSHA Quantitative Fit Testing Protocols for Respirators

February 2020

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DIVISION 2, GENERAL INDUSTRY

Division 2/I, Personal Protective Equipment

437-002-0120 Adoption by Reference

In addition to, and not in lieu of, any other health and safety codes contained in OAR Chapter 437, the Department adopts by reference the following federal regulations printed as part of the Code of Federal Regulations, 29 CFR 1910, in the Federal Register:

- (1) 29 CFR 1910.132 General requirements. Repealed with Oregon OSHA Admin. Order 4-2011, filed and effective 12/8/11. In Oregon, OAR 437-002-0134 applies.
- (2) 29 CFR 1910.133 Eye and face protection. Repealed with Oregon OSHA Admin. Order 4-2011, filed and effective 12/8/11. In Oregon, OAR 437-002-0134 applies.
- (3) 29 CFR 1910.134 Respiratory protection, published [~~8/7/12~~]**9/26/19**, Federal Register vol. [~~77~~]**84**, no. [~~452~~]**187**, p. [~~46948~~]**50739**.
- (4) 29 CFR 1910.135 Occupational head protection. Repealed with Oregon OSHA Admin. Order 4-2011, filed and effective 12/8/11. In Oregon, OAR 437-002-0134 applies.
- (5) 29 CFR 1910.136 Occupational foot protection. Repealed with Oregon OSHA Admin. Order 4-2011, filed and effective 12/8/11. In Oregon, OAR 437-002-0134 applies.
- (6) 29 CFR 1910.137 Electrical protective equipment, published 4/11/14, FR vol. 79, no. 70, p. 20316.
- (7) 29 CFR 1910.138 Hand Protection. Repealed with Oregon OSHA Admin. Order 4-2011, filed and effective 12/8/11. In Oregon, OAR 437-002-0134 applies.
- (8) 29 CFR 1910.139 (Reserved)
- (9) 29 CFR 1910.140 Personal fall protection, published 11/18/16, Federal Register, vol. 81, no. 223, p.82494.

(10) Appendices.

Appendix A – References for further information (nonmandatory).

Appendix B – Non mandatory compliance guidelines for hazard assessment and personal protective equipment selection; amended with Oregon OSHA Admin. Order 3-2015, f. 10/9/15, ef. 1/1/16.

Appendix C to Subpart 1 of Part 1910 - Personal Fall Protection Systems Non-Mandatory Guidelines, published 11/18/16, Federal Register, vol. 81, no. 223, p. 82494.

Appendix D to Subpart 1 of Part 1910 - Test Methods and Procedures for Personal Fall Protection Systems Non-Mandatory Guidelines, published 11/18/16, Federal Register, vol. 81, no. 223, p. 82494.

These standards are available from the Oregon Occupational Safety and Health Division (OR-OSHA), Department of Consumer and Business Services; and the United States Government Printing Office.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295

Hist: OR-OSHA Admin. Order 9-1993, f. 7/29/93, ef. 9/15/93.
OR-OSHA Admin. Order 3-1994, f. 8/1/94, ef. 8/1/94.
OR-OSHA Admin. Order 5-1994, f. 9/30/94 ef. 9/30/94.
OR-OSHA Admin. Order 3-1997, f. 3/28/97 ef. 3/28/97.
OR-OSHA Admin. Order 4-1997, f. 4/2/97, ef. 4/2/97.
OR-OSHA Admin. Order 3-1998, f. 7/7/98, ef. 7/7/98.
OR-OSHA Admin. Order 12-2001, f. 10/26/01, ef. 10/26/01.
OR-OSHA Admin. Order 1-2004, f. 3/26/04, ef. 7/1/04.
OR-OSHA Admin. Order 5-2004, f. 11/19/04, ef. 11/19/04.
OR-OSHA Admin. Order 10-2006, f. 11/30/06, ef. 11/30/06.
OR-OSHA Admin. Order 5-2008, f. 5/1/08, ef. 5/15/08.
OR-OSHA Admin. Order 5-2009, f. 5/29/09, ef. 5/29/09.
OR-OSHA Admin. Order 2-2010, f. 2/25/10, ef. 2/25/10.
OR-OSHA Admin. Order 4-2011, f. 12/8/11, ef. 12/8/11.
OR-OSHA Admin. Order 1-2012, f. 4/10/12, ef. 4/10/12.
OR-OSHA Admin. Order 7-2012, f. 12/14/12, ef. 12/14/12.
OR-OSHA Admin. Order 3-2015, f. 10/9/15, ef. 1/1/16.
OR-OSHA Admin. Order 2-2017, f. 5/16/17, ef. 11/1/17.
OR-OSHA Admin. Order 1-2020, f. 2/13/20, ef. 2/13/20.

1910.134

Appendix A to 1910.134 – Fit Testing Procedures (Mandatory)

Part I. OSHA-Accepted Fit Test Protocols

A. Fit Testing Procedures – General Requirements.

The employer shall conduct fit testing using the following procedures. The requirements in this appendix apply to all OSHA-accepted fit test methods, both QLFT and QNFT.

1. The test subject shall be allowed to pick the most acceptable respirator from a sufficient number of respirator models and sizes so that the respirator is acceptable to, and correctly fits, the user.

2. Prior to the selection process, the test subject shall be shown how to put on a respirator, how it should be positioned on the face, how to set strap tension and how to determine an acceptable fit. A mirror shall be available to assist the subject in evaluating the fit and positioning of the respirator. This instruction may not constitute the subject's formal training on respirator use, because it is only a review.

3. The test subject shall be informed that he/she is being asked to select the respirator that provides the most acceptable fit. Each respirator represents a different size and shape, and if fitted and used properly, will provide adequate protection.

4. The test subject shall be instructed to hold each chosen facepiece up to the face and eliminate those that obviously do not give an acceptable fit.

5. The more acceptable facepieces are noted in case the one selected proves unacceptable; the most comfortable mask is donned and worn at least five minutes to assess comfort. Assistance in assessing comfort can be given by discussing the points in the following item A.6. If the test subject is not familiar with using a particular respirator, the test subject shall be directed to don the mask several times and to adjust the straps each time to become adept at setting proper tension on the straps.

6. Assessment of comfort shall include a review of the following points with the test subject and allowing the test subject adequate time to determine the comfort of the respirator:

(a) Position of the mask on the nose

(b) Room for eye protection

(c) Room to talk

(d) Position of mask on face and cheeks

7. The following criteria shall be used to help determine the adequacy of the respirator fit:

(a) Chin properly placed;

(b) Adequate strap tension, not overly tightened;

(c) Fit across nose bridge;

(d) Respirator of proper size to span distance from nose to chin;

(e) Tendency of respirator to slip;

(f) Self-observation in mirror to evaluate fit and respirator position.

8. The test subject shall conduct a user seal check, either the negative and positive pressure seal checks described in Appendix B-1 of this section or those recommended by the respirator manufacturer which provide equivalent protection to the procedures in Appendix B-1. Before conducting the negative and positive pressure checks, the subject shall be told to seat the mask on the face by moving the head from side-to-side and up and down slowly while taking in a few slow deep breaths. Another facepiece shall be selected and retested if the test subject fails the user seal check tests.

9. The test shall not be conducted if there is any hair growth between the skin and the facepiece sealing surface, such as stubble beard growth, beard, mustache or sideburns which cross the respirator sealing surface. Any type of apparel which interferes with a satisfactory fit shall be altered or removed.

10. If a test subject exhibits difficulty in breathing during the tests, she or he shall be referred to a physician or other licensed health care professional, as appropriate, to determine whether the test subject can wear a respirator while performing her or his duties.

11. If the employee finds the fit of the respirator unacceptable, the test subject shall be given the opportunity to select a different respirator and to be retested.

12. Exercise regimen. Prior to the commencement of the fit test, the test subject shall be given a description of the fit test and the test subject's responsibilities during the test procedure. The description of the process shall include a description of the test exercises that the subject will be performing. The respirator to be tested shall be worn for at least 5 minutes before the start of the fit test.

13. The fit test shall be performed while the test subject is wearing any applicable safety equipment that may be worn during actual respirator use which could interfere with respirator fit.

14. Test Exercises.

(a) Employers must perform the following test exercises for all fit testing methods prescribed in this Appendix, except for the **two modified ambient aerosol CNC quantitative fit testing protocols, the** CNP quantitative fit testing protocol, and the CNP REDON quantitative fit testing protocol. For ~~[these two protocols, employers must]~~ **the modified ambient aerosol CNC quantitative fit testing protocols, employers shall** ensure that the test subjects (i.e., employees) perform the exercise procedure specified in Part I.C.4(b) of this Appendix for ~~[the]~~ **full-facepiece and half-mask elastomeric respirators, or the exercise procedure specified in Part I.C.5(b) for filtering facepiece respirators. Employers must ensure that the test subjects (i.e., employees) perform the exercise procedure specified in Part I.C.6(b) of this Appendix for the** CNP quantitative fit testing protocol, or the exercise procedure described in ~~[Part I.C.5(b)]~~ **Part I.C.7(b)** of this Appendix for the CNP REDON quantitative fit-testing protocol. For the remaining fit testing methods, employers ~~[must]~~ **shall** ensure that ~~[employees perform]~~ the test exercises **are performed** in the appropriate test environment in the following manner:

(1) Normal breathing. In a normal standing position, without talking, the subject shall breathe normally.

(2) Deep breathing. In a normal standing position, the subject shall breathe slowly and deeply, taking caution so as not to hyperventilate.

(3) Turning head side to side. Standing in place, the subject shall slowly turn his/her head from side to side between the extreme positions on each side. The head shall be held at each extreme momentarily so the subject can inhale at each side.

(4) Moving head up and down. Standing in place, the subject shall slowly move his/her head up and down. The subject shall be instructed to inhale in the up position (i.e., when looking toward the ceiling).

(5) Talking. The subject shall talk out loud slowly and loud enough so as to be heard clearly by the test conductor. The subject can read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song.

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 colors. 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 reach, his friends say he is looking for the pot of gold at the end of the rainbow.

(6) Grimace. The test subject shall grimace by smiling or frowning. (This applies only to QNFT testing; it is not performed for QLFT.)

(7) Bending over. The test subject shall bend at the waist as if he/she were to touch his/her toes. Jogging in place shall be substituted for this exercise in those test environments such as shroud type QNFT or QLFT units that do not permit bending over at the waist.

(8) Normal breathing. Same as exercise (1).

(b) Each test exercise shall be performed for 1-minute except for the grimace exercise which shall be performed for 15 seconds. The test subject shall be questioned by the test conductor regarding the comfort of the respirator upon completion of the protocol. If it has become unacceptable, another model of respirator shall be tried. The respirator shall not be adjusted once the fit test exercises begin. Any adjustment voids the test, and the fit test must be repeated.

B. Qualitative Fit Test (QLFT) Protocols

1. General

(a) The employer shall ensure that persons administering QLFT are able to prepare test solutions, calibrate equipment and perform tests properly, recognize invalid tests, and ensure that test equipment is in proper working order.

(b) The employer shall ensure that QLFT equipment is kept clean and well maintained so as to operate within the parameters for which it was designed.

2. Isoamyl Acetate Protocol

Note: This protocol is not appropriate to use for the fit testing of particulate respirators. If used to fit test particulate respirators, the respirator must be equipped with an organic vapor filter.

(a) Odor Threshold Screening

Odor threshold screening, performed without wearing a respirator, is intended to determine if the individual tested can detect the odor of isoamyl acetate at low levels.

(1) Three 1 liter glass jars with metal lids are required.

(2) Odor-free water (e.g., distilled or spring water) at approximately 25 degrees C. (77 degrees F.) shall be used for the solutions.

(3) The isoamyl acetate (IAA) (also known as isopentyl acetate) stock solution is prepared by adding 1 ml of pure IAA to 800 ml of odor-free water in a 1-liter jar, closing the lid and shaking for 30 seconds. A new solution shall be prepared at least weekly.

(4) The screening test shall be conducted in a room separate from the room used for actual fit testing. The two rooms shall be well-ventilated to prevent the odor of IAA from becoming evident in the general room air where testing takes place.

(5) The odor test solution is prepared in a second jar by placing 0.4 ml of the stock solution into 500 ml of odor-free water using a clean dropper or pipette. The solution shall be shaken for 30 seconds and allowed to stand for 2 to 3 minutes so that the IAA concentration above the liquid may reach equilibrium. This solution shall be used for only 1-day.

(6) A test blank shall be prepared in a third jar by adding 500 cc of odor-free water.

(7) The odor test and test blank jar lids shall be labeled (e.g., 1 and 2) for jar identification. Labels shall be placed on the lids so that they can be peeled off periodically and switched to maintain the integrity of the test.

(8) The following instruction shall be typed on a card and placed on the table in front of the two test jars (i.e., 1 and 2): "The purpose of this test is to determine if you can smell banana oil at a low concentration. The two bottles in front of you contain water. One of these bottles also contains a small amount of banana oil. Be sure the covers are on tight, then shake each bottle for two seconds. Unscrew the lid of each bottle, one at a time, and sniff at the mouth of the bottle. Indicate to the test conductor which bottle contains banana oil."

(9) The mixtures used in the IAA odor detection test shall be prepared in an area separate from where the test is performed, in order to prevent olfactory fatigue in the subject.

(10) If the test subject is unable to correctly identify the jar containing the odor test solution, the IAA qualitative fit test shall not be performed.

(11) If the test subject correctly identifies the jar containing the odor test solution, the test subject may proceed to respirator selection and fit testing.

(b) Isoamyl Acetate Fit Test

(1) The fit test chamber shall be a clear 55-gallon drum liner suspended inverted over a 2-foot diameter frame so that the top of the chamber is about 6 inches above the test subject's head. If no drum liner is available, a similar chamber shall be constructed using plastic sheeting. The inside top center of the chamber shall have a small hook attached.

(2) Each respirator used for the fitting and fit testing shall be equipped with organic vapor cartridges or offer protection against organic vapors.

(3) After selecting, donning, and properly adjusting a respirator, the test subject shall wear it to the fit testing room. This room shall be separate from the room used for odor threshold screening and respirator selection, and shall be well-ventilated, as by an exhaust fan or lab hood, to prevent general room contamination.

(4) A copy of the test exercises and any prepared text from which the subject is to read shall be taped to the inside of the test chamber.

(5) Upon entering the test chamber, the test subject shall be given a 6-inch by 5 inch piece of paper towel, or other porous, absorbent, single-ply material, folded in half and wetted with 0.75 ml of pure IAA. The test subject shall hang the wet towel on the hook at the top of the chamber. An IAA test swab or ampule may be substituted for the IAA wetted paper towel provided it has been demonstrated that the alternative IAA source will generate an IAA test atmosphere with a concentration equivalent to that generated by the paper towel method.

(6) Allow 2 minutes for the IAA test concentration to stabilize before starting the fit test exercises. This would be an appropriate time to talk with the test subject; to explain the fit test, the importance of his/her cooperation, and the purpose for the test exercises; or to demonstrate some of the exercises.

(7) If at any time during the test, the subject detects the banana-like odor of IAA, the test is failed. The subject shall quickly exit from the test chamber and leave the test area to avoid olfactory fatigue.

(8) If the test is failed, the subject shall return to the selection room and remove the respirator. The test subject shall repeat the odor sensitivity test, select and put on another respirator, return to the test area and again begin the fit test procedure described in (b)(1) through (7) above. The process continues until a respirator that fits well has been found. Should the odor sensitivity test be failed, the subject shall wait at least minutes before retesting. Odor sensitivity will usually have returned by this time.

(9) If the subject passes the test, the efficiency of the test procedure shall be demonstrated by having the subject break the respirator face seal and take a breath before exiting the chamber.

(10) When the test subject leaves the chamber, the subject shall remove the saturated towel and return it to the person conducting the test, so that there is no significant IAA concentration build-up in the chamber during subsequent tests. The used towels shall be kept in a self-sealing plastic bag to keep the test area from being contaminated.

3. Saccharin Solution Aerosol Protocol

The entire screening and testing procedure shall be explained to the test subject prior to the conduct of the screening test.

(a) Taste threshold screening. The saccharin taste threshold screening, performed without wearing a respirator, is intended to determine whether the individual being tested can detect the taste of saccharin.

Note to paragraph 3(a): If the test subject eats or drinks something sweet before the screening test, he/she may be unable to taste the weak saccharin solution.

(1) During threshold screening as well as during fit testing, subjects shall wear an enclosure about the head and shoulders that is approximately 12 inches in diameter by 14 inches tall with at least the front portion clear and that allows free movements of the head when a respirator is worn. An enclosure substantially similar to the 3M hood assembly, parts # FT 14 and # FT 15 combined, is adequate.

(2) The test enclosure shall have a 3/4-inch (1.9 cm) hole in front of the test subject's nose and mouth area to accommodate the nebulizer nozzle.

(3) The test subject shall don the test enclosure. Throughout the threshold screening test, the test subject shall breathe through his/her slightly open mouth with tongue extended. The subject is instructed to report when he/she detects a sweet taste.

(4) Using a DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent, the test conductor shall spray the threshold check solution into the enclosure. The nozzle is directed away from the nose and mouth of the person. This nebulizer shall be clearly marked to distinguish it from the fit test solution nebulizer.

(5) The threshold check solution is prepared by dissolving 0.83 gram of sodium saccharin USP in 100 ml of warm water. It can be prepared by putting 1 ml of the fit test solution (see (b)(5) below) in 100 ml of distilled water.

(6) To produce the aerosol, the nebulizer bulb is firmly squeezed so that it collapses completely, then released and allowed to fully expand.

(7) Ten squeezes are repeated rapidly and then the test subject is asked whether the saccharin can be tasted. If the test subject reports tasting the sweet taste during the ten squeezes, the screening test is completed. The taste threshold is noted as ten regardless of the number of squeezes actually completed.

(8) If the first response is negative, ten more squeezes are repeated rapidly and the test subject is again asked whether the saccharin is tasted. If the test subject reports tasting the sweet taste during the second ten squeezes, the screening test is completed. The taste threshold is noted as twenty regardless of the number of squeezes actually completed.

(9) If the second response is negative, ten more squeezes are repeated rapidly and the test subject is again asked whether the saccharin is tasted. If the test subject reports tasting the sweet taste during the third set of ten squeezes, the screening test is completed. The taste threshold is noted as thirty regardless of the number of squeezes actually completed.

(10) The test conductor will take note of the number of squeezes required to solicit a taste response.

(11) If the saccharin is not tasted after 30 squeezes (step 10), the test subject is unable to taste saccharin and may not perform the saccharin fit test.

(12) If a taste response is elicited, the test subject shall be asked to take note of the taste for reference in the fit test.

(13) Correct use of the nebulizer means that approximately 1 ml of liquid is used at a time in the nebulizer body.

(14) The nebulizer shall be thoroughly rinsed in water, shaken dry, and refilled at least each morning and afternoon or at least every 4 hours.

(b) Saccharin solution aerosol fit test procedure.

(1) The test subject may not eat, drink (except plain water), smoke, or chew gum for 15 minutes before the test.

(2) The fit test uses the same enclosure described in 3(a) above.

(3) The test subject shall don the enclosure while wearing the respirator selected in section I.A. of this appendix. The respirator shall be properly adjusted and equipped with a particulate filter(s).

(4) A second DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent is used to spray the fit test solution into the enclosure. This nebulizer shall be clearly marked to distinguish it from the screening test solution nebulizer.

(5) The fit test solution is prepared by adding 83 grams of sodium saccharin to 100 ml of warm water.

(6) As before, the test subject shall breathe through the slightly open mouth with tongue extended, and report if he/she tastes the sweet taste of saccharin.

(7) The nebulizer is inserted into the hole in the front of the enclosure and an initial concentration of saccharin fit test solution is sprayed into the enclosure using the same number of squeezes (either 10, 20 or 30 squeezes) based on the number of squeezes required to elicit a taste response as noted during the screening test. A minimum of 10 squeezes is required.

(8) After generating the aerosol, the test subject shall be instructed to perform the exercises in section I.A.14. of this appendix.

(9) Every 30 seconds the aerosol concentration shall be replenished using one half the original number of squeezes used initially (e.g., 5, 10 or 15).

(10) The test subject shall indicate to the test conductor if at any time during the fit test the taste of saccharin is detected. If the test subject does not report tasting the saccharin, the test is passed.

(11) If the taste of saccharin is detected, the fit is deemed unsatisfactory and the test is failed. A different respirator shall be tried and the entire test procedure is repeated (taste threshold screening and fit testing).

(12) Since the nebulizer has a tendency to clog during use, the test operator must make periodic checks of the nebulizer to ensure that it is not clogged. If clogging is found at the end of the test session, the test is invalid.

4. Bitrex™ (Denatonium Benzoate) Solution Aerosol Qualitative Fit Test Protocol

The Bitrex™ (Denatonium benzoate) solution aerosol QLFT protocol uses the published saccharin test protocol because that protocol is widely accepted. Bitrex is routinely used as a taste aversion agent in household liquids which children should not be drinking and is endorsed by the American Medical Association, the National Safety Council, and the American Association of Poison Control Centers. The entire screening and testing procedure shall be explained to the test subject prior to the conduct of the screening test.

(a) Taste Threshold Screening.

The Bitrex taste threshold screening, performed without wearing a respirator, is intended to determine whether the individual being tested can detect the taste of Bitrex.

(1) During threshold screening as well as during fit testing, subjects shall wear an enclosure about the head and shoulders that is approximately 12 inches (30.5 cm) in diameter by 14 inches (35.6 cm) tall. The front portion of the enclosure shall be clear from the respirator and allow free movement of the head when a respirator is worn. An enclosure substantially similar to the 3M hood assembly, parts # FT 14 and # FT 15 combined, is adequate.

(2) The test enclosure shall have a 3/4-inch (1.9 cm) hole in front of the test subject's nose and mouth area to accommodate the nebulizer nozzle.

(3) The test subject shall don the test enclosure. Throughout the threshold screening test, the test subject shall breathe through his or her slightly open mouth with tongue extended. The subject is instructed to report when he/she detects a bitter taste.

(4) Using a DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent, the test conductor shall spray the Threshold Check Solution into the enclosure. This Nebulizer shall be clearly marked to distinguish it from the fit test solution nebulizer.

(5) The Threshold Check Solution is prepared by adding 13.5 milligrams of Bitrex to 100 ml of 5 percent salt (NaCl) solution in distilled water.

(6) To produce the aerosol, the nebulizer bulb is firmly squeezed so that the bulb collapses completely, and is then released and allowed to fully expand.

(7) An initial ten squeezes are repeated rapidly and then the test subject is asked whether the Bitrex can be tasted. If the test subject reports tasting the bitter taste during the ten squeezes, the screening test is completed. The taste threshold is noted as ten regardless of the number of squeezes actually completed.

(8) If the first response is negative, ten more squeezes are repeated rapidly and the test subject is again asked whether the Bitrex is tasted. If the test subject reports tasting the bitter taste during the second ten squeezes, the screening test is completed. The taste threshold is noted as twenty regardless of the number of squeezes actually completed.

(9) If the second response is negative, ten more squeezes are repeated rapidly and the test subject is again asked whether the Bitrex is tasted. If the test subject reports tasting the bitter taste during the third set of ten squeezes, the screening test is completed. The taste threshold is noted as thirty regardless of the number of squeezes actually completed.

(10) The test conductor will take note of the number of squeezes required to solicit a taste response.

(11) If the Bitrex is not tasted after 30 squeezes (step 10), the test subject is unable to taste Bitrex and may not perform the Bitrex fit test.

(12) If a taste response is elicited, the test subject shall be asked to take note of the taste for reference in the fit test.

(13) Correct use of the nebulizer means that approximately 1 ml of liquid is used at a time in the nebulizer body.

(14) The nebulizer shall be thoroughly rinsed in water, shaken to dry, and refilled at least each morning and afternoon or at least every 4 hours.

(b) Bitrex Solution Aerosol Fit Test Procedure.

(1) The test subject may not eat, drink (except plain water), smoke, or chew gum for 15 minutes before the test.

(2) The fit test uses the same enclosure as that described in 4(a) above.

(3) The test subject shall don the enclosure while wearing the respirator selected according to section I.A. of this appendix. The respirator shall be properly adjusted and equipped with any type particulate filter(s).

(4) A second DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent is used to spray the fit test solution into the enclosure. This nebulizer shall be clearly marked to distinguish it from the screening test solution nebulizer.

(5) The fit test solution is prepared by adding 337.5 mg of Bitrex to 200 ml of a 5 percent salt (NaCl) solution in warm water.

(6) As before, the test subject shall breathe through his or her slightly open mouth with tongue extended, and be instructed to report if he/she tastes the bitter taste of Bitrex.

(7) The nebulizer is inserted into the hole in the front of the enclosure and an initial concentration of the fit test solution is sprayed into the enclosure using the same number of squeezes (either 10, 20 or 30 squeezes) based on the number of squeezes required to elicit a taste response as noted during the screening test.

(8) After generating the aerosol, the test subject shall be instructed to perform the exercises in section I.A.14 of this appendix.

(9) Every 30 seconds the aerosol concentration shall be replenished using one half the number of squeezes used initially (e.g., 5, 10 or 15).

(10) The test subject shall indicate to the test conductor if at any time during the fit test the taste of Bitrex is detected. If the test subject does not report tasting the Bitrex, the test is passed.

(11) If the taste of Bitrex is detected, the fit is deemed unsatisfactory and the test is failed. A different respirator shall be tried and the entire test procedure is repeated (taste threshold screening and fit testing).

5. Irritant Smoke (Stannic Chloride) Protocol

This qualitative fit test uses a person's response to the irritating chemicals released in the "smoke" produced by a stannic chloride ventilation smoke tube to detect leakage into the respirator.

(a) General Requirements and Precautions

(1) The respirator to be tested shall be equipped with high efficiency particulate air (HEPA) or P100 series filter(s).

(2) Only stannic chloride smoke tubes shall be used for this protocol.

(3) No form of test enclosure or hood for the test subject shall be used.

(4) The smoke can be irritating to the eyes, lungs, and nasal passages. The test conductor shall take precautions to minimize the test subject's exposure to irritant smoke. Sensitivity varies, and certain individuals may respond to a greater degree to irritant smoke. Care shall be taken when performing the sensitivity screening checks that determine whether the test subject can detect irritant smoke to use only the minimum amount of smoke necessary to elicit a response from the test subject.

(5) The fit test shall be performed in an area with adequate ventilation to prevent exposure of the person conducting the fit test or the build-up of irritant smoke in the general atmosphere.

(b) Sensitivity Screening Check.

The person to be tested must demonstrate his or her ability to detect a weak concentration of the irritant smoke.

(1) The test operator shall break both ends of a ventilation smoke tube containing stannic chloride, and attach one end of the smoke tube to a low flow air pump set to deliver 200 milliliters per minute, or an aspirator squeeze bulb. The test operator shall cover the other end of the smoke tube with a short piece of tubing to prevent potential injury from the jagged end of the smoke tube.

(2) The test operator shall advise the test subject that the smoke can be irritating to the eyes, lungs, and nasal passages and instruct the subject to keep his/her eyes closed while the test is performed.

(3) The test subject shall be allowed to smell a weak concentration of the irritant smoke before the respirator is donned to become familiar with its irritating properties and to determine if he/she can detect the irritating properties of the smoke. The test operator shall carefully direct a small amount of the irritant smoke in the test subject's direction to determine that he/she can detect it.

(c) Irritant Smoke Fit Test Procedure

(1) The person being fit tested shall don the respirator without assistance, and perform the required user seal check(s).

(2) The test subject shall be instructed to keep his/her eyes closed.

(3) The test operator shall direct the stream of irritant smoke from the smoke tube toward the face seal area of the test subject, using the low flow pump or the squeeze bulb. The test operator shall begin at least 12 inches from the facepiece and move the smoke stream around the whole perimeter of the mask. The operator shall gradually make two more passes around the perimeter of the mask, moving to within 6 inches of the respirator.

(4) If the person being tested has not had an involuntary response and/or detected the irritant smoke, proceed with the test exercises.

(5) The exercises identified in section I.A.14 of this appendix shall be performed by the test subject while the respirator seal is being continually challenged by the smoke, directed around the perimeter of the respirator at a distance of 6 inches.

(6) If the person being fit tested reports detecting the irritant smoke at any time, the test is failed. The person being retested must repeat the entire sensitivity check and fit test procedure.

(7) Each test subject passing the irritant smoke test without evidence of a response (involuntary cough, irritation) shall be given a second sensitivity screening check, with the smoke from the same smoke tube used during the fit test, once the respirator has been removed, to determine whether he/she still reacts to the smoke. Failure to evoke a response shall void the fit test.

(8) If a response is produced during this second sensitivity check, then the fit test is passed.

C. Quantitative Fit Test (QNFT) Protocols

The following quantitative fit testing procedures have been demonstrated to be acceptable: Quantitative fit testing using a non-hazardous test aerosol (such as corn oil, polyethylene glycol 400 [PEG 400], di-2-ethyl hexyl sebacate [DEHS], or sodium chloride) generated in a test chamber, and employing instrumentation to quantify the fit of the respirator; Quantitative fit testing using ambient aerosol as the test agent and appropriate instrumentation (condensation nuclei counter) to quantify the respirator fit; Quantitative fit testing using controlled negative pressure and appropriate instrumentation to measure the volumetric leak rate of a facepiece to quantify the respirator fit.

1. General

(a) The employer shall ensure that persons administering QNFT are able to calibrate equipment and perform tests properly, recognize invalid tests, calculate fit factors properly and ensure that test equipment is in proper working order.

(b) The employer shall ensure that QNFT equipment is kept clean, and is maintained and calibrated according to the manufacturer's instructions so as to operate at the parameters for which it was designed.

2. Generated Aerosol Quantitative Fit Testing Protocol

(a) Apparatus.

(1) Instrumentation. Aerosol generation, dilution, and measurement systems using particulates (corn oil, polyethylene glycol 400 [PEG 400], di 2-ethyl hexyl sebacate [DEHS] or sodium chloride) as test aerosols shall be used for quantitative fit testing.

(2) Test chamber. The test chamber shall be large enough to permit all test subjects to perform freely all required exercises without disturbing the test agent concentration or the measurement apparatus. The test chamber shall be equipped and constructed so that the test agent is effectively isolated from the ambient air, yet uniform in concentration throughout the chamber.

(3) When testing air-purifying respirators, the normal filter or cartridge element shall be replaced with a high efficiency particulate air (HEPA) or P100 series filter supplied by the same manufacturer.

(4) The sampling instrument shall be selected so that a computer record or strip chart record may be made of the test showing the rise and fall of the test agent concentration with each inspiration and expiration at fit factors of at least 2,000. Integrators or computers that integrate the amount of test agent penetration leakage into the respirator for each exercise may be used provided a record of the readings is made.

(5) The combination of substitute air-purifying elements, test agent and test agent concentration shall be such that the test subject is not exposed in excess of an established exposure limit for the test agent at any time during the testing process, based upon the length of the exposure and the exposure limit duration.

(6) The sampling port on the test specimen respirator shall be placed and constructed so that no leakage occurs around the port (e.g., where the respirator is probed), a free air flow is allowed into the sampling line at all times, and there is no interference with the fit or performance of the respirator. The in-mask sampling device (probe) shall be designed and used so that the air sample is drawn from the breathing zone of the test subject, midway between the nose and mouth and with the probe extending into the facepiece cavity at least 1/4-inch.

(7) The test setup shall permit the person administering the test to observe the test subject inside the chamber during the test.

(8) The equipment generating the test atmosphere shall maintain the concentration of test agent constant to within a 10 percent variation for the duration of the test.

(9) The time lag (interval between an event and the recording of the event on the strip chart or computer or integrator) shall be kept to a minimum. There shall be a clear association between the occurrence of an event and its being recorded.

(10) The sampling line tubing for the test chamber atmosphere and for the respirator sampling port shall be of equal diameter and of the same material. The length of the two lines shall be equal.

(11) The exhaust flow from the test chamber shall pass through an appropriate filter (i.e., high efficiency particulate filter) before release.

(12) When sodium chloride aerosol is used, the relative humidity inside the test chamber shall not exceed 50 percent.

(13) The limitations of instrument detection shall be taken into account when determining the fit factor.

(14) Test respirators shall be maintained in proper working order and be inspected regularly for deficiencies such as cracks or missing valves and gaskets.

(b) Procedural Requirements.

(1) When performing the initial user seal check using a positive or negative pressure check, the sampling line shall be crimped closed in order to avoid air pressure leakage during either of these pressure checks.

(2) The use of an abbreviated screening QLFT test is optional. Such a test may be utilized in order to quickly identify poor fitting respirators that passed the positive and/or negative pressure test and reduce the amount of QNFT time. The use of the CNC QNFT instrument in the count mode is another optional method to obtain a quick estimate of fit and eliminate poor fitting respirators before going on to perform a full QNFT.

(3) A reasonably stable test agent concentration shall be measured in the test chamber prior to testing. For canopy or shower curtain types of test units, the determination of the test agent's stability may be established after the test subject has entered the test environment.

(4) Immediately after the subject enters the test chamber, the test agent concentration inside the respirator shall be measured to ensure that the peak penetration does not exceed 5 percent for a half mask or 1 percent for a full facepiece respirator.

(5) A stable test agent concentration shall be obtained prior to the actual start of testing.

(6) Respirator restraining straps shall not be over-tightened for testing. The straps shall be adjusted by the wearer without assistance from other persons to give a reasonably comfortable fit typical of normal use. The respirator shall not be adjusted once the fit test exercises begin.

(7) The test shall be terminated whenever any single peak penetration exceeds 5 percent for half masks and 1 percent for full facepiece respirators. The test subject shall be refitted and retested.

(8) Calculation of fit factors.

(i) The fit factor shall be determined for the quantitative fit test by taking the ratio of the average chamber concentration to the concentration measured inside the respirator for each test exercise except the grimace exercise.

(ii) The average test chamber concentration shall be calculated as the arithmetic average of the concentration measured before and after each test (i.e., 7 exercises) or the arithmetic average of the concentration measured before and after each exercise or the true average measured continuously during the respirator sample.

(iii) The concentration of the challenge agent inside the respirator shall be determined by one of the following methods:

(A) Average peak penetration method means the method of determining test agent penetration into the respirator utilizing a strip chart recorder, integrator, or computer. The agent penetration is determined by an average of the peak heights on the graph or by computer integration, for each exercise except the grimace exercise. Integrators or computers that calculate the actual test agent penetration into the respirator for each exercise will also be considered to meet the requirements of the average peak penetration method.

(B) Maximum peak penetration method means the method of determining test agent penetration in the respirator as determined by strip chart recordings of the test. The highest peak penetration for a given exercise is taken to be representative of average penetration into the respirator for that exercise.

(C) Integration by calculation of the area under the individual peak for each exercise except the grimace exercise. This includes computerized integration.

(D) The calculation of the overall fit factor using individual exercise fit factors involves first converting the exercise fit factors to penetration values, determining the average, and then converting that result back to a fit factor. This procedure is described in the following equation:

$$\text{Overall fit factor} = \frac{\text{Number of exercises}}{1/ff_1 + 1/ff_2 + 1/ff_3 + 1/ff_4 + 1/ff_5 + 1/ff_7 + 1/ff_8}$$

Where $1/ff_1$, ff_2 , ff_3 , etc. are the fit factors for exercises 1, 2, 3, etc.

(9) The test subject shall not be permitted to wear a half mask or quarter facepiece respirator unless a minimum fit factor of 100 is obtained, or a full facepiece respirator unless a minimum fit factor of 500 is obtained.

(10) Filters used for quantitative fit testing shall be replaced whenever increased breathing resistance is encountered, or when the test agent has altered the integrity of the filter media.

3. Ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol.

The ambient aerosol condensation nuclei counter (CNC) quantitative fit testing ([~~Portacount™~~] **PortaCount®**) protocol quantitatively fit tests respirators with the use of a probe. The probed respirator is only used for quantitative fit tests. A probed respirator has a special sampling device, installed on the respirator, that allows the probe to sample the air from inside the mask. A probed respirator is required for each make, style, model, and size that the employer uses

and can be obtained from the respirator manufacturer or distributor. The **primary** CNC instrument manufacturer, TSI ~~[Inc.]~~**Incorporated**, also provides probe attachments (TSI **mask** sampling adapters) that permit fit testing in an employee's own respirator. A minimum fit factor pass level of at least 100 is necessary for a half-mask respirator (**elastomeric or filtering facepiece**), and a minimum fit factor pass level of at least 500 is required for a full-facepiece ~~[negative pressure]~~**elastomeric** respirator. The entire screening and testing procedure shall be explained to the test subject prior to the conduct of the screening test.

(a) ~~[Portacount]~~**PortaCount®** Fit Test Requirements.

(1) Check the respirator to make sure the sampling probe and line are properly attached to the facepiece and that the respirator is fitted with a particulate filter capable of preventing significant penetration by the ambient particles used for the fit test (e.g., NIOSH 42 CFR 84 series 100, series 99, or series 95 particulate filter) per manufacturer's instruction.

(2) Instruct the person to be tested to don the respirator for 5 minutes before the fit test starts. This purges the ambient particles trapped inside the respirator and permits the wearer to make certain the respirator is comfortable. This individual shall already have been trained on how to wear the respirator properly.

(3) Check the following conditions for the adequacy of the respirator fit: Chin properly placed; Adequate strap tension, not overly tightened; Fit across nose bridge; Respirator of proper size to span distance from nose to chin; Tendency of the respirator to slip; Self-observation in a mirror to evaluate fit and respirator position.

(4) Have the person wearing the respirator do a user seal check. If leakage is detected, determine the cause. If leakage is from a poorly fitting facepiece, try another size of the same model respirator, or another model of respirator.

(5) Follow the manufacturer's instructions for operating the ~~[Portacount]~~**PortaCount®** and proceed with the test.

(6) The test subject shall be instructed to perform the exercises in section I.A.14 of this Appendix.

(7) After the test exercises, the test subject shall be questioned by the test conductor regarding the comfort of the respirator upon completion of the protocol. If it has become unacceptable, another model of respirator shall be tried.

(b) ~~[Portacount]~~**PortaCount®** Test Instrument.

(1) The ~~[Portacount]~~**PortaCount®** will automatically stop and calculate the overall fit factor for the entire set of exercises. The overall fit factor is what counts. The Pass or Fail message will indicate whether or not the test was successful. If the test was a Pass, the fit test is over.

(2) Since the pass or fail criterion of the ~~[Portacount]~~**PortaCount®** is user programmable, the test operator shall ensure that the pass or fail criterion meet the requirements for minimum respirator performance in this Appendix.

(3) A record of the test needs to be kept on file, assuming the fit test was successful. The record must contain the test subject's name; overall fit factor; make, model, style, and size of respirator used; and date tested.

4. Modified ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol for full-facepiece and half-mask elastomeric respirators.

(a) When administering this protocol to test subjects, employers shall comply with the requirements specified in Part I.C.3 of this Appendix (ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol), except they shall use the test exercises described below in paragraph (b) of this protocol instead of the test exercises specified in section I.C.3(a)(6) of this Appendix.

(b) Employers shall ensure that each test subject being fit tested using this protocol follows the exercise and duration procedures, including the order of administration, described in Table A-1 of this Appendix.

Table A-1-- Modified Ambient Aerosol CNC Quantitative Fit Testing Protocol for Full Facepiece and Half-Mask Elastomeric Respirators

| <u>Exercises¹</u> | <u>Exercise procedure</u> | <u>Measurement procedure</u> |
|--------------------------------------|---|--|
| <u>Bending Over</u> | <u>The test subject shall bend at the waist, as if going to touch his/her toes for 50 seconds and inhale 2 times at the bottom².</u> | <u>A 20 second ambient sample, followed by a 30 second mask sample.</u> |
| <u>Jogging-in-Place</u> | <u>The test subject shall jog in place comfortably for 30 seconds</u> | <u>A 30 second mask sample.</u> |
| <u>Head Side-to-Side</u> | <u>The test subject shall stand in place, slowly turning his/her head from side to side for 30 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample.</u> |
| <u>Head Up-and-Down</u> | <u>The test subject shall stand in place, slowly moving his/her head up and down for 39 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample followed by a 9 second ambient sample.</u> |

¹Exercises are listed in the order in which they are to be administered.

²It is optional for test subjects to take additional breaths at other times during this exercise.

5. Modified ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol for filtering facepiece respirators.

(a) When administering this protocol to test subjects, employers shall comply with the requirements specified in Part I.C.3 of this Appendix (ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol), except they shall use the test

exercises described below in paragraph (b) of this protocol instead of the test exercises specified in section I.C.3(a)(6) of this Appendix.

(b) Employers shall ensure that each test subject being fit tested using this protocol follows the exercise and duration procedures, including the order of administration, described in Table A-2 of this Appendix.

Table A-2-- Modified Ambient Aerosol CNC Quantitative Fit Testing Protocol for Filtering Facepiece Respirators

| <u>Exercises¹</u> | <u>Exercise procedure</u> | <u>Measurement procedure</u> |
|-------------------------------|---|---|
| <u>Bending Over</u> | <u>The test subject shall bend at the waist, as if going to touch his/her toes for 50 seconds and inhale 2 times at the bottom².</u> | <u>A 20 second ambient sample, followed by a 30 second mask sample.</u> |
| <u>Talking</u> | <u>The test subject shall talk out loud slowly and loud enough so as to be heard clearly by the test conductor for 30 seconds. He/she will either read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song.</u> | <u>A 30 second mask sample.</u> |
| <u>Head Side-to-Side</u> | <u>The test subject shall stand in place, slowly turning his/her head from side to side for 30 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample.</u> |
| <u>Head Up-and-Down</u> | <u>The test subject shall stand in place, slowly moving his/her head up and down for 39 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample followed by a 9 second ambient sample.</u> |

¹Exercises are listed in the order in which they are to be administered.

²It is optional for test subjects to take additional breaths at other times during this exercise.

[4.] 6. Controlled negative pressure (CNP) quantitative fit testing protocol.

The CNP protocol provides an alternative to aerosol fit test methods. The CNP fit test method technology is based on exhausting air from a temporarily sealed respirator facepiece to generate and then maintain a constant negative pressure inside the facepiece. The rate of air exhaust is controlled so that a constant negative pressure is maintained in the respirator during

the fit test. The level of pressure is selected to replicate the mean inspiratory pressure that causes leakage into the respirator under normal use conditions. With pressure held constant, air flow out of the respirator is equal to air flow into the respirator. Therefore, measurement of the exhaust stream that is required to hold the pressure in the temporarily sealed respirator constant yields a direct measure of leakage air flow into the respirator. The CNP fit test method measures leak rates through the facepiece as a method for determining the facepiece fit for negative pressure respirators. The CNP instrument manufacturer Occupational Health Dynamics of Birmingham, Alabama also provides attachments (sampling manifolds) that replace the filter cartridges to permit fit testing in an employee's own respirator. To perform the test, the test subject closes his or her mouth and holds his/her breath, after which an air pump removes air from the respirator facepiece at a pre-selected constant pressure. The facepiece fit is expressed as the leak rate through the facepiece, expressed as milliliters per minute. The quality and validity of the CNP fit tests are determined by the degree to which the in-mask pressure tracks the test pressure during the system measurement time of approximately five seconds. Instantaneous feedback in the form of a real-time pressure trace of the in-mask pressure is provided and used to determine test validity and quality. A minimum fit factor pass level of 100 is necessary for a half-mask respirator and a minimum fit factor of at least 500 is required for a full facepiece respirator. The entire screening and testing procedure shall be explained to the test subject prior to the conduct of the screening test.

(a) CNP Fit Test Requirements.

- (1) The instrument shall have a nonadjustable test pressure of 15.0 mm water pressure.
- (2) The CNP system defaults selected for test pressure shall be set at 15 mm of water (-0.58 inches of water) and the modeled inspiratory flow rate shall be 53.8 liters per minute for performing fit tests.

Note: CNP systems have built-in capability to conduct fit testing that is specific to unique work rate, mask, and gender situations that might apply in a specific workplace. Use of system default values, which were selected to represent respirator wear with medium cartridge resistance at a low-moderate work rate, will allow inter-test comparison of the respirator fit.

- (3) The individual who conducts the CNP fit testing shall be thoroughly trained to perform the test.
- (4) The respirator filter or cartridge needs to be replaced with the CNP test manifold. The inhalation valve downstream from the manifold either needs to be temporarily removed or propped open.
- (5) The employer must train the test subject to hold his or her breath for at least 10 seconds.
- (6) The test subject must don the test respirator without any assistance from the test administrator who is conducting the CNP fit test. The respirator must not be adjusted once the fit-test exercises begin. Any adjustment voids the test, and the test subject must repeat the fit test.
- (7) The QNFT protocol shall be followed according to section I.C.1 of this Appendix with an exception for the CNP test exercises.

(b) CNP Test Exercises.

(1) Normal breathing. In a normal standing position, without talking, the subject shall breathe normally for 1-minute. After the normal breathing exercise, the subject needs to hold head straight ahead and hold his or her breath for 10 seconds during the test measurement.

(2) Deep breathing. In a normal standing position, the subject shall breathe slowly and deeply for 1-minute, being careful not to hyperventilate. After the deep breathing exercise, the subject shall hold his or her head straight ahead and hold his or her breath for 10 seconds during test measurement.

(3) Turning head side to side. Standing in place, the subject shall slowly turn his or her head from side to side between the extreme positions on each side for 1-minute. The head shall be held at each extreme momentarily so the subject can inhale at each side. After the turning head side to side exercise, the subject needs to hold head full left and hold his or her breath for 10 seconds during test measurement. Next, the subject needs to hold head full right and hold his or her breath for 10 seconds during test measurement.

(4) Moving head up and down. Standing in place, the subject shall slowly move his or her head up and down for 1-minute. The subject shall be instructed to inhale in the up position (i.e., when looking toward the ceiling). After the moving head up and down exercise, the subject shall hold his or her head full up and hold his or her breath for 10 seconds during test measurement. Next, the subject shall hold his or her head full down and hold his or her breath for 10 seconds during test measurement.

(5) Talking. The subject shall talk out loud slowly and loud enough so as to be heard clearly by the test conductor. The subject can read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song for 1-minute. After the talking exercise, the subject shall hold his or her head straight ahead and hold his or her breath for 10 seconds during the test measurement.

(6) Grimace. The test subject shall grimace by smiling or frowning for 15 seconds.

(7) Bending Over. The test subject shall bend at the waist as if he or she were to touch his or her toes for 1-minute. Jogging in place shall be substituted for this exercise in those test environments such as shroud-type QNFT units that prohibit bending at the waist. After the bending over exercise, the subject shall hold his or her head straight ahead and hold his or her breath for 10 seconds during the test measurement.

(8) Normal Breathing. The test subject shall remove and re-don the respirator within a 1-minute period. Then, in a normal standing position, without talking, the subject shall breathe normally for 1-minute. After the normal breathing exercise, the subject shall hold his or her head straight ahead and hold his or her breath for 10 seconds during the test measurement. After the test exercises, the test subject shall be questioned by the test conductor regarding the comfort of the respirator upon completion of the protocol. If it has become unacceptable, another model of a respirator shall be tried.

(c) CNP Test Instrument.

(1) The test instrument must have an effective audio-warning device, or a visual-warning device in the form of a screen tracing, that indicates when the test subject fails to hold his or her breath during the test. The test must be terminated and restarted from the beginning when the test

subject fails to hold his or her breath during the test. The test subject then may be refitted and retested.

(2) A record of the test shall be kept on file, assuming the fit test was successful. The record must contain the test subject's name; overall fit factor; make, model, style and size of respirator used; and date tested.

[5-] **7.** Controlled negative pressure (CNP) REDON quantitative fit testing protocol.

(a) When administering this protocol to test subjects, employers must comply with the requirements specified in paragraphs (a) and (c) of [Part I.C.4] **Part I.C.6** of this Appendix ("Controlled negative pressure (CNP) quantitative fit testing protocol"), as well as use the test exercises described below in paragraph (b) of this protocol instead of the test exercises specified in paragraph (b) of [Part I.C.4] **Part I.C.6** of this Appendix.

(b) Employers must ensure that each test subject being fit tested using this protocol follows the exercise and measurement procedures, including the order of administration, described below in [Table A-1] **Table A-3** of this Appendix.

[Table A-1] **Table A-3** - CNP REDON Quantitative Fit Testing Protocol

| Exercises¹ | Exercise procedure | Measurement procedure |
|------------------------------|--|---|
| Facing Forward | Stand and breathe normally, without talking, for 30 seconds. | Face forward, while holding breath for 10 seconds. |
| Bending Over | Bend at the waist, as if going to touch his or her toes, for 30 seconds. | Face parallel to the floor, while holding breath for 10 seconds |
| Head Shaking | For about three seconds, shake head back and forth vigorously several times while shouting. | Face forward, while holding breath for 10 seconds. |
| Redon-1 | Remove the respirator mask, loosen all facepiece straps, and then redon the respirator mask. | Face forward, while holding breath for 10 seconds. |
| Redon-2 | Remove the respirator mask, loosen all facepiece straps, and then redon the respirator mask again. | Face forward, while holding breath for 10 seconds. |

¹Exercises are listed in the order in which they are to be administered.

(c) After completing the test exercises, the test administrator must question each test subject regarding the comfort of the respirator. When a test subject states that the respirator is unacceptable, the employer must ensure that the test administrator repeats the protocol using another respirator model.

(d) Employers must determine the overall fit factor for each test subject by calculating the harmonic mean of the fit testing exercises as follows:

$$\text{Overall fit factor} = [1/FF_1 + 1/FF_2 + \dots 1/FF_N]$$

Where:

N = The number of exercises;

FF₁ = The fit factor for the first exercise;

FF₂ = The fit factor for the second exercise; and

FF_n = The fit factor for the nth exercise.

Part II. New Fit Test Protocols

A. Any person may submit to OSHA an application for approval of a new fit test protocol. If the application meets the following criteria, OSHA will initiate a rulemaking proceeding under section 6(b)(7) of the OSH Act to determine whether to list the new protocol as an approved protocol in this Appendix A.

B. The application must include a detailed description of the proposed new fit test protocol. This application must be supported by either:

1. A test report prepared by an independent government research laboratory (e.g., Lawrence Livermore National Laboratory, Los Alamos National Laboratory, the National Institute for Standards and Technology) stating that the laboratory has tested the protocol and had found it to be accurate and reliable; or

2. An article that has been published in a peer-reviewed industrial hygiene journal describing the protocol and explaining how test data support the protocol's accuracy and reliability.

C. If OSHA determines that additional information is required before the Agency commences a rulemaking proceeding under this section, OSHA will so notify the applicant and afford the applicant the opportunity to submit the supplemental information. Initiation of a rulemaking proceeding will be deferred until OSHA has received and evaluated the supplemental information.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 3-1998, f. 7/7/98, ef. 7/7/98.

OR-OSHA Admin. Order 5-2004, f. 11/19/04, ef. 11/19/04.

OR-OSHA Admin. Order 1-2020, f. 2/13/20, ef. 2/13/20.

DIVISION 4, AGRICULTURE

Division 4/I, Protective Equipment

Appendix A to OAR 437-004-1041, Respiratory Protection –
Fit Testing Procedures (Mandatory)

Part I. Acceptable Fit Test Procedures

A. Fit Testing Procedures – General Requirements. These fit test procedures are mandatory and apply to both Qualitative Fit Tests (QLFT) and Quantitative Fit Tests (QNFT).

(1) Provide enough respirators so the employee can choose an acceptable model that fits correctly. Be sure they understand that they must select a respirator that gives the best fit.

(2) Before the employee selects their respirator you must show them how to put on a respirator, how to position it on their face, how to set the strap tension and how to make sure the fit is acceptable. There must be a mirror for them to use when evaluating the position and fit. This instruction does not replace the required formal training.

(3) They must hold each face piece they choose up to their face to find the one with the best fit.

(4) Once they choose a mask, have them wear it for at least 5 minutes to evaluate the comfort level. Discuss the points in the following paragraph to assure the worker makes a good evaluation. If they are not familiar with using a particular respirator, have them put it on and take it off several times to assure they make the needed adjustments for a good fit.

(5) Assessment of comfort must include a review of the following points with the test subject and allowing the test subject enough time to determine the comfort of the respirator:

(a) Position of the mask on the nose

(b) Room for eye protection

(c) Room to talk

(d) Position of mask on face and cheeks

(6) Use the following criteria to help determine the adequacy of the respirator fit:

(a) Chin properly placed;

(b) Adequate strap tension, not too tight;

(c) Fit across nose bridge;

(d) Respirator of proper size to span distance from nose to chin;

(e) Tendency of respirator to slip;

(f) Self-observation in mirror to evaluate fit and respirator position.

(7) Have the employee do a user seal check according to Appendix B-1. Before they do the check have them seat the mask by moving their head from side to side and up and down slowly while taking a few deep breaths. If the test fails, have them select another mask.

(8) Do not do the test if the employee has any hair (including beard stubble) between the skin and sealing surface. They must alter or remove any clothing or items that interfere with the fit.

(9) If the testing employee shows signs of difficult breathing during the test, send them to a PLHCP to evaluate their ability to use a respirator.

(10) If the employee finds the fit unacceptable, you must allow them to select another respirator and retest.

(11) Exercises. Before beginning the fit test, give the worker a description of the test and advise them of their responsibilities during the test. The description must include the exercises. They must wear the respirator for 5 minutes before the start of the test.

(12) During the test the employee must wear any other safety equipment normally required for their work, if it could interfere with the respirator fit.

(13) Test Exercises.

(a) ~~[The worker must do these test exercises for all fit test methods except CNP. There are different exercises for CNP. The worker must do these in the test environment as follows:]~~
Employers must perform the following test exercises for all fit testing methods prescribed in this Appendix, except for the two modified ambient aerosol CNC quantitative fit testing protocols, the CNP quantitative fit testing protocol, and the CNP REDON quantitative fit testing protocol. For the modified ambient aerosol CNC quantitative fit testing protocols, employers shall ensure that the test subjects (i.e., employees) perform the exercise procedure specified in Part I.C.4(b) of this Appendix for full-facepiece and half-mask elastomeric respirators, or the exercise procedure specified in Part I.C.5(b) for filtering facepiece respirators. Employers must ensure that the test subjects (i.e., employees) perform the exercise procedure described in Part I.C.6(b) of this Appendix for the CNP quantitative fit testing protocol, or the exercise procedure described in Part I.C.7(b) of this Appendix for the CNP REDON quantitative fit-testing protocol. For the remaining fit testing methods, employers shall ensure that the test exercises are performed in the appropriate test environment in the following manner:

(1) Normal breathing. In a normal standing position, without talking, the subject must breathe normally.

(2) Deep breathing. In a normal standing position, the subject must breathe slowly and deeply, taking caution so as not to hyperventilate.

(3) Turning head side to side. Standing in place, the subject must slowly turn their head from side to side between the extreme positions on each side. The head must be held at each extreme momentarily so the subject can inhale at each side.

(4) Moving head up and down. Standing in place, the subject must slowly move their head up and down. Instruct the subject to inhale in the up position (i.e., when looking toward the ceiling).

(5) Talking. The subject must talk out loud slowly and loud enough to be heard clearly by the test conductor. The subject can read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song.

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 colors. 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 reach, his friends say he is looking for the pot of gold at the end of the rainbow.

(6) Grimace. The test subject must grimace by smiling or frowning. (This applies only to QNFT testing; it is not for QLFT.)

(7) Bending over. The test subject must bend at the waist as if they were to touch their toes. Substitute jogging in place for this exercise in those test environments such as shroud type QNFT or QLFT units that do not permit bending over at the waist.

(8) Normal breathing. Same as exercise (1).

(b) Do each test exercise for 1-minute except for the grimace exercise which is only for 15 seconds. Ask the test subject about the comfort of the respirator upon completion of the procedure. If there are problems, try another respirator. Do not adjust the respirator after the fit test exercises begin. Any adjustment voids the test.

B. Qualitative Fit Test (QLFT) Procedures

(1) General

(a) The employer must ensure that persons administering QLFT are able to prepare test solutions, calibrate equipment and perform tests properly, recognize invalid tests, and ensure that test equipment works properly.

(b) The employer must ensure that QLFT equipment is clean and well maintained so as to operate within its design parameters.

(2) Isoamyl Acetate Procedures

Note: This procedure is not appropriate to use for the fit testing of particulate respirators unless the particulate cartridges can be replaced with organic vapor cartridges for the duration of the test.

(a) Odor Threshold Screening. Odor threshold screening, done without wearing a respirator, is to determine if the individual tested can detect the odor of isoamyl acetate at low levels.

(1) You'll need three 1 liter glass jars with metal lids.

(2) Use odor-free water (e.g., distilled or spring water) at approximately 25 degrees C. (77 degrees F.) for the solutions.

(3) Make the isoamyl acetate (IAA) (also known as isopentyl acetate) stock solution by adding 1 ml of pure IAA to 800 ml of odor-free water in a 1-liter jar, closing the lid and shaking for 30 seconds. Make a new solution at least weekly.

(4) Do the screening test in a room separate from the room used for actual fit testing. Ventilate the two rooms to prevent the odor of IAA from becoming evident in the general room air where testing takes place.

(5) Make the odor test solution in a second jar by placing 0.4 ml of the stock solution into 500 ml of odor-free water using a clean dropper or pipette. Shake the solution for 30 seconds and allow it to stand for 2 to 3 minutes so that the IAA concentration above the liquid may reach equilibrium. Use this solution for only 1-day.

(6) Make a test blank in a third jar by adding 500 cc of odor-free water.

(7) Label the odor test and test blank jar lids (e.g., 1 and 2) for jar identification. Place the labels on the lids so that they can be peeled off periodically and switched to maintain the integrity of the test.

(8) Type the following instruction on a card and place it on the table in front of the two test jars (i.e., 1 and 2): "The purpose of this test is to determine if you can smell banana oil at a low concentration. The two bottles in front of you contain water. One of these bottles also has a small amount of banana oil. Be sure the covers are on tight, then shake each bottle for two seconds. Unscrew the lid of each bottle, one at a time, and sniff at the mouth of the bottle. Indicate to the test conductor which bottle contains banana oil."

(9) Make the mixtures for the IAA odor detection test in an area separate from where you do the test, in order to prevent olfactory fatigue in the subject.

(10) If the test subject cannot correctly identify the jar containing the odor test solution, do not do the IAA qualitative fit test.

(11) If the test subject correctly identifies the jar containing the odor test solution, the test subject may proceed to respirator selection and fit testing.

(b) Isoamyl Acetate Fit Test

(1) The fit test chamber must be a clear 55-gallon drum liner suspended inverted over a 2-foot diameter frame so that the top of the chamber is about 6 inches above the test subject's head. If no drum liner is available, make a similar chamber using plastic sheeting. The inside top center of the chamber must have a small hook attached.

(2) Each respirator for the fitting and fit testing must have organic vapor cartridges or offer protection against organic vapors.

(3) After selecting, donning, and properly adjusting a respirator, the test subject must wear it to the fit testing room. This room must be separate from the room used for odor threshold screening and respirator selection, and must be well-ventilated, as by an exhaust fan or lab hood, to prevent general room contamination.

(4) Tape a copy of the test exercises and any prepared text from which the subject is to read to the inside of the test chamber.

(5) Give the test subject a 6-inch by 5 inch piece of paper towel, or other porous, absorbent, single-ply material, folded in half and wetted with 0.75 ml of pure IAA when they enter the test chamber. Have the test subject hang the wet towel on the hook at the top of the chamber. You may substitute an IAA test swab or ampule for the IAA wetted paper towel if the alternative IAA

source will generate an IAA test atmosphere with a concentration equivalent to that generated by the paper towel method.

(6) Allow 2 minutes for the IAA test concentration to stabilize before starting the fit test exercises. This would be an appropriate time to talk with the test subject; to explain the fit test, the importance of their cooperation, and the purpose for the test exercises; or to demonstrate some of the exercises.

(7) If at any time during the test, the subject detects the banana-like odor of IAA, the test is a failure. The subject must quickly exit from the test chamber and leave the test area to avoid olfactory fatigue.

(8) If the test fails, the subject must return to the selection room and remove the respirator. The test subject must repeat the odor sensitivity test, select and put on another respirator, return to the test area and again begin the fit test procedure in (b)(1) through (7) above. The process continues until they find a respirator that fits right. Should the odor sensitivity test fail, the subject must wait at least a few minutes before re-testing. Odor sensitivity will usually return by this time.

(9) If the subject passes the test, demonstrate the efficiency of the test procedure by having the subject break the respirator face seal and take a breath before exiting the chamber.

(10) When the test subject leaves the chamber, they must remove the saturated towel and return it to the person conducting the test, so that there is no significant IAA concentration build-up in the chamber during subsequent tests. Keep the used towels in a self-sealing plastic bag to prevent contamination of the test area.

(3) Saccharin Solution Aerosol Procedure

You must explain the entire screening and testing procedure to the test subject before starting the screening test.

(a) Taste threshold screening. The saccharin taste threshold screening, done without wearing a respirator, is to determine if the individual being tested can detect the taste of saccharin.

Note to paragraph 3.(a): If the test subject eats or drinks something sweet before the screening test, they may be unable to taste the weak saccharin solution.

(1) During threshold screening as well as during fit testing, subjects must wear an enclosure about the head and shoulders that is approximately 12 inches in diameter by 14 inches tall with at least the front portion clear and that allows free movements of the head when wearing a respirator. An enclosure substantially similar to the 3M hood assembly, parts # FT 14 and # FT 15 combined, is adequate.

(2) The test enclosure must have a 3/4-inch (1.9 cm) hole in front of the test subject's nose and mouth area to accommodate the nebulizer nozzle.

(3) Have the test subject put on the test enclosure. Throughout the threshold screening test, the test subject must breathe through their slightly open mouth with tongue extended. Tell the subject to report when they detect a sweet taste.

(4) Using a DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent, the test conductor must spray the threshold check solution into the enclosure. Direct the nozzle away from the nose and mouth of the person. Clearly mark this nebulizer to distinguish it from the fit test solution nebulizer.

(5) Make the threshold check solution by dissolving 0.83 gram of sodium saccharin USP in 100 ml of warm water. You can also put 1 ml of the fit test solution (see (b)(5) below) in 100 ml of distilled water.

(6) To produce the aerosol, firmly squeeze the nebulizer bulb so that it collapses completely, then release and allow to fully expand.

(7) Repeat ten squeezes rapidly and then ask the test subject if they can taste the saccharin. The test is over when the test subject reports tasting the sweet taste during the ten squeezes. Note the taste threshold as ten regardless of the number of squeezes actually done.

(8) If the first response is negative, do ten more squeezes rapidly and ask the test subject if they taste the saccharin. If the test subject reports tasting the sweet taste during the second ten squeezes, the screening test is over. The taste threshold is twenty regardless of the number of squeezes actually done.

(9) If the second response is negative, do ten more squeezes rapidly and ask the test subject again if they taste the saccharin. If the test subject reports tasting the sweet taste during the third set of ten squeezes, the screening test is over. The taste threshold is thirty regardless of the number of squeezes actually done.

(10) The test conductor will take note of the number of squeezes required to solicit a taste response.

(11) If the test subject cannot taste saccharin after 30 squeezes they may not perform the saccharin fit test.

(12) If the test subject gives a taste response, ask them to take note of the taste for reference in the fit test.

(13) Correct use of the nebulizer uses approximately 1 ml of liquid at a time in the nebulizer body.

(14) Thoroughly rinse the nebulizer in water, shake it dry, and refill it at least each morning and afternoon or at least every 4 hours.

(b) Saccharin solution aerosol fit test procedure.

(1) The test subject may not eat, drink (except plain water), smoke, or chew gum for 15 minutes before the test.

(2) The fit test uses the same enclosure as in 3(a) above.

(3) The test subject must put on the enclosure while wearing the respirator selected in section I.A.. They must properly adjust the respirator and it must have a particulate filter(s).

(4) Use a second DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent to spray the fit test solution into the enclosure. Clearly mark this nebulizer to distinguish it from the screening test solution nebulizer.

(5) Make the fit test solution by adding 83 grams of sodium saccharin to 100 ml of warm water.

(6) As before, the test subject must breathe through the slightly open mouth with tongue extended, and report if they taste the sweet taste of saccharin.

(7) Insert the nebulizer into the hole in the front of the enclosure and spray an initial concentration of saccharin fit test solution into the enclosure using the same number of squeezes (either 10, 20 or 30 squeezes) based on the number of squeezes required to elicit a taste response as noted during the screening test. The minimum is 10 squeezes.

(8) After generating the aerosol, tell the test subject to perform the exercises in section I.A.13.

(9) Replenish the aerosol concentration every 30 using one half the original number of squeezes used initially (e.g., 5, 10 or 15).

(10) The test subject must indicate to the test conductor if at any time during the fit test they taste saccharin. If the test subject does not report tasting the saccharin, the test is successful.

(11) If they taste the saccharin, the fit is unsatisfactory and a failure. Try a different respirator and repeat the entire test procedure (taste threshold screening and fit testing).

(12) Since the nebulizer has a tendency to clog during use, the test operator must make periodic checks of the nebulizer to ensure that it is not clogged. If clogging is found at the end of the test session, the test is invalid.

(4) Bitrex™ (Denatonium Benzoate) Solution Aerosol Qualitative Fit Test Procedure

The Bitrex™ (Denatonium benzoate) solution aerosol QLFT procedure uses the published saccharin test procedure because that procedure is widely accepted. Bitrex is a taste aversion agent used in household liquids that children should not drink and is endorsed by the American Medical Association, the National Safety Council, and the American Association of Poison Control Centers. Explain the entire screening and testing procedure to the test subject before the screening test.

(a) Taste Threshold Screening. The Bitrex taste threshold screening, done without wearing a respirator, is to determine if the person being tested can detect the taste of Bitrex.

(1) During threshold screening as well as during fit testing, subjects must wear an enclosure about the head and shoulders that is approximately 12 inches (30.5 cm) in diameter by 14 inches (35.6 cm) tall. The front portion of the enclosure must be clear from the respirator and allow free movement of the head when a respirator is worn. An enclosure substantially similar to the 3M hood assembly, parts # FT 14 and # FT 15 combined, is adequate.

(2) The test enclosure must have a 3/4-inch (1.9 cm) hole in front of the test subject's nose and mouth area to accommodate the nebulizer nozzle.

(3) The test subject must put on the test enclosure. Throughout the threshold screening test, the test subject must breathe through his or her slightly open mouth with tongue extended. Tell the subject to report when they detect a bitter taste.

(4) Using a DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent, the spray the Threshold Check Solution into the enclosure. Clearly mark this Nebulizer to distinguish it from the fit test solution nebulizer.

(5) Make the Threshold Check Solution by adding 13.5 milligrams of Bitrex to 100 ml of 5 percent salt (NaCl) solution in distilled water.

(6) To produce the aerosol, firmly squeeze the nebulizer bulb so that the bulb collapses completely, and then release it and allow it to fully expand.

(7) Repeat the initial ten squeezes rapidly and then ask the test subject if they taste the Bitrex. If the test subject tastes the bitter taste during the ten squeezes, the screening test is over. The taste threshold is ten regardless of the number of squeezes actually done.

(8) If the first response is negative, repeat ten more squeezes rapidly and ask the test subject if they taste the Bitrex. If the test subject tastes the bitter taste during the second ten squeezes, the screening test is over. The taste threshold is twenty regardless of the number of squeezes actually done.

(9) If the second response is negative, do ten more squeezes rapidly and ask the test subject if they taste the Bitrex. If the test subject tastes the bitter taste during the third set of ten squeezes, the screening test is over. The taste threshold is as thirty regardless of the number of squeezes actually done.

(10) The test conductor will take note of the number of squeezes required to solicit a taste response.

(11) If the subject does not taste the Bitrex after 30 squeezes (step 10), the test subject cannot taste Bitrex and may not do the Bitrex fit test.

(12) If they taste the Bitrex, ask the test subject to remember the taste for reference in the fit test.

(13) Correct use of the nebulizer is approximately 1 ml of liquid at a time in the nebulizer body.

(14) Thoroughly rinse the nebulizer in water, shake to dry, and refill at least each morning and afternoon or at least every 4 hours.

(b) Bitrex Solution Aerosol Fit Test Procedure.

(1) The test subject may not eat, drink (except plain water), smoke, or chew gum for 15 minutes before the test.

(2) The fit test uses the same enclosure as in 4(a) above.

(3) The test subject must put on the enclosure while wearing the respirator selected according to section I.A. They must properly adjust the respirator and it must have any type particulate filter(s).

(4) Use a second DeVilbiss Model 40 Inhalation Medication Nebulizer or equivalent to spray the fit test solution into the enclosure. Clearly mark this nebulizer to distinguish it from the screening test solution nebulizer.

(5) Make the fit test solution by adding 337.5 mg of Bitrex to 200 ml of a 5 percent salt (NaCl) solution in warm water.

(6) As before, the test subject must breathe through his or her slightly open mouth with tongue extended, and report if they taste the bitter taste of Bitrex.

(7) Insert the nebulizer into the hole in the front of the enclosure and spray an initial concentration of the fit test solution into the enclosure using the same number of squeezes (either 10, 20 or 30 squeezes) based on the number of squeezes required to elicit a taste response as noted during the screening test.

(8) After generating the aerosol, tell the test subject to do the exercises in section I.A.13.

(9) Replenish the aerosol concentration every 30 seconds using one half the number of squeezes used initially (e.g., 5, 10 or 15).

(10) The test subject must indicate to the test conductor if they taste the Bitrex during the test. If the test subject does not taste the Bitrex, the test passes.

(11) If they taste the Bitrex, the fit is unsatisfactory and the test fails. They must try a different respirator and repeat the entire test procedure (taste threshold screening and fit testing).

(5) Irritant Smoke (Stannic Chloride) Procedure. This qualitative fit test uses a person's response to the irritating chemicals released in the "smoke" produced by a stannic chloride ventilation smoke tube to detect leakage into the respirator.

(a) General Requirements and Precautions

(1) The test respirator must have high efficiency particulate air (HEPA) or P100 series filter(s).

(2) Use only stannic chloride smoke tubes for this procedure.

(3) Do not use any form of test enclosure or hood for the test subject.

(4) The smoke can be irritating to the eyes, lungs, and nasal passages. The test conductor must take precautions to minimize the test subject's exposure to irritant smoke. Sensitivity varies, and certain individuals may respond to a greater degree to irritant smoke. Use only the smallest amount of smoke necessary to get a response when doing the sensitivity screening checks that determine if the test subject can detect irritant.

(5) Do the fit test in an area with adequate ventilation to prevent exposure of the person doing the fit test or the build-up of irritant smoke in the general area.

(b) Sensitivity Screening Check. The person taking the test must demonstrate their ability to detect a weak concentration of the irritant smoke.

(1) The test operator must break both ends of a ventilation smoke tube containing stannic chloride, and attach one end of the smoke tube to a low flow air pump set to deliver 200 milliliters per minute, or an aspirator squeeze bulb. The test operator must cover the other end of the smoke tube with a short piece of tubing to prevent potential injury from the jagged end of the smoke tube.

(2) The test operator must advise the test subject that the smoke can be irritating to the eyes, lungs, and nasal passages and instruct the subject to keep their eyes closed during the test.

(3) Allow the test subject to smell a weak concentration of the irritant smoke before putting the respirator on to become familiar with its irritating properties and to determine if they can detect the irritating properties of the smoke. Carefully direct a small amount of the irritant smoke in the test subject's direction to determine that they can detect it.

(c) Irritant Smoke Fit Test Procedure

(1) The person fit tested must put on the respirator without assistance, and do the required user seal check(s).

(2) Tell the test subject to keep their eyes closed.

(3) The test operator must direct the stream of irritant smoke from the smoke tube toward the face seal area of the test subject, using the low flow pump or the squeeze bulb. The test operator must begin at least 12 inches from the face piece and move the smoke stream around the whole perimeter of the mask. The operator must gradually make two more passes around the perimeter of the mask, moving to within 6 inches of the respirator.

(4) If the test subject has no involuntary response and/or does not detect the irritant smoke, proceed with the test exercises.

(5) The test subject must do the exercises in section I.A.13. while the respirator seal is continually challenged by the smoke, directed around the perimeter of the respirator at a distance of 6 inches.

(6) If the person detects the irritant smoke, the test fails. The person re-testing must repeat the entire sensitivity check and fit test procedure.

(7) Give a second sensitivity screening check to each test subject passing the irritant smoke test without evidence of a response (involuntary cough, irritation), with the smoke from the same smoke tube used during the fit test, with the respirator off, to determine if they still reacts to the smoke. Failure to evoke a response voids the fit test.

(8) If there is a response during this second sensitivity check, then the fit test passes.

C. Quantitative Fit Test (QNFT) Procedures

The following quantitative fit testing procedures are acceptable: Quantitative fit testing using a non-hazardous test aerosol (such as corn oil, polyethylene glycol 400 [PEG 400], di-2-ethyl

hexyl sebacate [DEHS], or sodium chloride) generated in a test chamber, and using instrumentation to quantify the fit of the respirator; Quantitative fit testing using ambient aerosol as the test agent and appropriate instrumentation (condensation nuclei counter) to quantify the respirator fit; Quantitative fit testing using controlled negative pressure and appropriate instrumentation to measure the volumetric leak rate of a face piece to quantify the respirator fit.

(1) General

(a) The employer must ensure that persons administering QNFT are able to calibrate equipment and perform tests properly, recognize invalid tests, calculate fit factors properly and ensure that test equipment is in proper working order.

(b) The employer must ensure that QNFT equipment is clean, and maintained and calibrated according to the manufacturer's instructions so as to operate at its design parameters.

(2) Generated Aerosol Quantitative Fit Testing Procedure

(a) Apparatus.

(1) Instrumentation. Use aerosol generation, dilution, and measurement systems using particulates (corn oil, polyethylene glycol 400 [PEG 400], di 2-ethyl hexyl sebacate [DEHS] or sodium chloride) as test aerosols.

(2) Test chamber. The test chamber must be large enough to permit all test subjects to perform freely all required exercises without disturbing the test agent concentration or the measurement apparatus. The test chamber must effectively isolate the test agent from the outside air, yet allow its concentration to be uniform throughout the chamber.

(3) When testing air-purifying respirators, replace the normal filter or cartridge element with a high efficiency particulate air (HEPA) or P100 series filter supplied by the same manufacturer.

(4) The sampling instrument must make a computer record or strip chart record of the test showing the rise and fall of the test agent concentration with each inhale and exhale at fit factors of at least 2,000. Integrators or computers that integrate the amount of test agent penetration leakage into the respirator for each exercise are Ok if they make a record of the readings.

(5) The combination of substitute air-purifying elements, test agent and test agent concentration must not expose the test subject in excess of an established exposure limit for the test agent at any time during the testing process.

(6) The sampling port on the test specimen must not allow leaks around the port (e.g., where the respirator is probed). It must always allow a free airflow into the sampling line, and there must be no interference with the fit or performance of the respirator. The in-mask sampling device (probe) must draw the air sample from the breathing zone of the test subject, midway between the nose and mouth and with the probe extending into the face piece cavity at least 1/4-inch.

(7) The test setup must permit the person administering the test to observe the test subject inside the chamber during the test.

(8) The equipment generating the test atmosphere must keep the concentration of test agent constant to within a 10 percent variation for the duration of the test.

(9) The time lag (interval between an event and the recording of the event on the strip chart or computer or integrator) must be minimal. There must be a clear association between the occurrence of an event and its recording.

(10) The sampling line tubing for the test chamber atmosphere and for the respirator sampling port must be of equal diameter and of the same material. The length of the two lines must be equal.

(11) The exhaust flow from the test chamber must pass through an appropriate filter (i.e., high efficiency particulate filter) before release.

(12) When using sodium chloride aerosol, the relative humidity inside the test chamber must not exceed 50 percent.

(13) Take into account the limitations of instrument when determining the fit factor.

(14) Test respirators must work right. Inspect them regularly for deficiencies such as cracks or missing valves and gaskets.

(b) Procedural Requirements.

(1) When performing the initial user seal check using a positive or negative pressure check, crimp the sampling line closed to avoid air pressure leakage during either of these pressure checks.

(2) The use of an abbreviated screening QLFT test is optional. Such a test may quickly identify poor fitting respirators that passed the positive and/or negative pressure test and reduce the amount of QNFT time. The use of the CNC QNFT instrument in the count mode is another optional method to obtain a quick estimate of fit and eliminate poor fitting respirators before going on to perform a full QNFT.

(3) You must measure a reasonably stable test agent concentration in the test chamber prior to testing. For canopy or shower curtain types of test units, you may determine the test agent's stability after the test subject enters the test environment.

(4) Immediately after the subject enters the test chamber, measure the test agent concentration inside the respirator to ensure that the peak penetration does not exceed 5 percent for a half mask or 1 percent for a full-face piece respirator.

(5) You must have a stable test agent concentration before starting the test.

(6) Do not tighten the respirator restraining straps too much for testing. The wearer must adjust the straps without assistance to give a reasonably comfortable fit typical of normal use. Do not adjust the after the fit test exercises begin.

(7) Stop the test when any single peak penetration exceeds 5 percent for half masks and 1 percent for full-face piece respirators. The test subject must refit and retest.

(8) Calculation of fit factors.

(i) Determine the fit factor for the quantitative fit test by taking the ratio of the average chamber concentration to the concentration measured inside the respirator for each test exercise except the grimace exercise.

(ii) Calculate the average test chamber concentration as the arithmetic average of the concentration measured before and after each test (i.e., 7 exercises) or the arithmetic average of the concentration measured before and after each exercise or the true average measured continuously during the respirator sample.

(iii) Use one of these methods to figure the concentration of the challenge agent inside the respirator:

(A) Average peak penetration method means the method of determining test agent penetration into the respirator using a strip chart recorder, integrator, or computer. The agent penetration is the average of the peak heights on the graph or by computer integration, for each exercise except the grimace exercise. Integrators or computers that calculate the actual test agent penetration into the respirator for each exercise meet the requirements of the average peak penetration method.

(B) Maximum peak penetration method means the method of determining test agent penetration in the respirator as determined by strip chart recordings of the test. The highest peak penetration for a given exercise is representative of average penetration into the respirator for that exercise.

(C) Integration by calculation of the area under the individual peak for each exercise except the grimace exercise. This includes computerized integration.

(D) The calculation of the overall fit factor using individual exercise fit factors involves first converting the exercise fit factors to penetration values, determining the average, and then converting that result back to a fit factor. This equation represents the procedure:

$$\text{OverallFit Factor} = \frac{\text{Number of exercises}}{1/ff_1 + 1/ff_2 + 1/ff_3 + 1/ff_4 + 1/ff_5 + 1/ff_7 + 1/ff_8}$$

Where ff_1 , ff_2 , ff_3 , etc. are the fit factors for exercises 1, 2, 3, etc.

(9) Do not allow the test subject to wear a half mask or quarter face piece respirator unless they have a minimum fit factor of 100, or a full face piece respirator unless they have a minimum fit factor of 500.

(10) Replace filters used for quantitative fit testing when they cause increased breathing resistance, or when the test agent has altered the integrity of the filter media.

(3) Quantitative fit testing (QNFT) procedures s for the ambient aerosol condensation nuclei counter (CNC).

Ambient aerosol condensation nuclei counter (CNC) quantitative fit testing procedure.

The ambient aerosol condensation nuclei counter (CNC) quantitative fit testing ([Portacount™] **PortaCount®**) protocol quantitatively fit tests respirators with the use of a probe. The probed respirator is only used for quantitative fit tests. A probed respirator has a special sampling device, installed on the respirator, that allows the probe to sample the air from inside the mask. A probed respirator is required for each make, style, model, and size that the employer uses and can be obtained from the respirator manufacturer or distributor. The **primary** CNC instrument manufacturer, TSI [Inc.] **Incorporated**, also provides probe attachments (TSI **mask** sampling adapters) that permit fit testing in an employee's own respirator. A minimum fit factor pass level of at least 100 is necessary for a half-mask respirator (**elastomeric or filtering facepiece**), and a minimum fit factor pass level of at least 500 is required for a full-facepiece [negative pressure] **elastomeric** respirator. The entire screening and testing procedure shall be explained to the test subject prior to the conduct of the screening test.

(a) [Portacount] **PortaCount®** Fit Test Requirements.

(1) Check the respirator to make sure the sampling probe and line are properly attached to the face piece and that the respirator has a particulate filter capable of preventing significant penetration by the ambient particles used for the fit test (e.g., NIOSH 42 CFR 84 series 100, series 99, or series 95 particulate filter) per manufacturer's instruction.

(2) Instruct the test employee to put on the respirator for 5 minutes before the fit test starts. This purges the ambient particles trapped inside the respirator and permits the wearer to make certain the respirator is comfortable. This person must have training on how to wear the respirator properly.

(3) Check the following conditions for the adequacy of the respirator fit: Chin properly placed; Adequate strap tension, not overly tightened; Fit across nose bridge; Respirator of proper size to span distance from nose to chin; Tendency of the respirator to slip; Self-observation in a mirror to evaluate fit and respirator position.

(4) Have the person wearing the respirator do a user seal check. If it leaks, determine the cause. If the leak is from a poorly fitting face piece, try another size of the same model respirator, or another model of respirator.

(5) Follow the manufacturer's instructions for operating the [Portacount] **PortaCount®** and proceed with the test.

(6) Instruct the test subject to perform the exercises in section I.A.13.

(7) After the test exercises, question the test subject about the comfort of the respirator. If it has become unacceptable, try another model respirator.

(b) [Portacount] **PortaCount®** Test Instrument.

(1) The [Portacount] **PortaCount®** will automatically stop and calculate the overall fit factor for the entire set of exercises. The overall fit factor is what counts. The Pass or Fail message will indicate whether or not the test was successful. If the test was a Pass, the fit test is over.

(2) Since the pass or fail criterion of the [Portacount] **PortaCount®** is user programmable, the test operator must ensure that the pass or fail criterion meet the requirements for minimum respirator performance in this Appendix.

(3) Keep a record of the test, assuming the fit test was successful. The record must have the test subject's name; overall fit factor; make, model, style, and size of respirator; and date of the test.

(4) Modified ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol for full-facepiece and half-mask elastomeric respirators.

(a) When administering this protocol to test subjects, employers shall comply with the requirements specified in Part I.C.3 of this Appendix (ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol), except they shall use the test exercises described below in paragraph (b) of this protocol instead of the test exercises specified in section I.C.3(a)(6) of this Appendix.

(b) Employers shall ensure that each test subject being fit tested using this protocol follows the exercise and duration procedures, including the order of administration, described in Table A-1 of this Appendix.

Table A-1-- Modified Ambient Aerosol CNC Quantitative Fit Testing Protocol for Full Facepiece and Half-Mask Elastomeric Respirators

| <u>Exercises¹</u> | <u>Exercise procedure</u> | <u>Measurement procedure</u> |
|--------------------------------------|---|--|
| <u>Bending Over</u> | <u>The test subject shall bend at the waist, as if going to touch his/her toes for 50 seconds and inhale 2 times at the bottom².</u> | <u>A 20 second ambient sample, followed by a 30 second mask sample.</u> |
| <u>Jogging-in-Place</u> | <u>The test subject shall jog in place comfortably for 30 seconds</u> | <u>A 30 second mask sample.</u> |
| <u>Head Side-to-Side</u> | <u>The test subject shall stand in place, slowly turning his/her head from side to side for 30 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample.</u> |
| <u>Head Up-and-Down</u> | <u>The test subject shall stand in place, slowly moving his/her head up and down for 39 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample followed by a 9 second ambient sample.</u> |

¹Exercises are listed in the order in which they are to be administered.

²It is optional for test subjects to take additional breaths at other times during this exercise.

(5) Modified ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol for filtering facepiece respirators.

(a) When administering this protocol to test subjects, employers shall comply with the requirements specified in Part I.C.3 of this Appendix (ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol), except they shall use the test

exercises described below in paragraph (b) of this protocol instead of the test exercises specified in section I.C.3(a)(6) of this Appendix.

(b) Employers shall ensure that each test subject being fit tested using this protocol follows the exercise and duration procedures, including the order of administration, described in Table A-2 of this Appendix.

Table A-2-- Modified Ambient Aerosol CNC Quantitative Fit Testing Protocol for Filtering Facepiece Respirators

| <u>Exercises¹</u> | <u>Exercise procedure</u> | <u>Measurement procedure</u> |
|-------------------------------|---|---|
| <u>Bending Over</u> | <u>The test subject shall bend at the waist, as if going to touch his/her toes for 50 seconds and inhale 2 times at the bottom².</u> | <u>A 20 second ambient sample, followed by a 30 second mask sample.</u> |
| <u>Talking</u> | <u>The test subject shall talk out loud slowly and loud enough so as to be heard clearly by the test conductor for 30 seconds. He/she will either read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song.</u> | <u>A 30 second mask sample.</u> |
| <u>Head Side-to-Side</u> | <u>The test subject shall stand in place, slowly turning his/her head from side to side for 30 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample.</u> |
| <u>Head Up-and-Down</u> | <u>The test subject shall stand in place, slowly moving his/her head up and down for 39 seconds and inhale 2 times at each extreme².</u> | <u>A 30 second mask sample followed by a 9 second ambient sample.</u> |

¹Exercises are listed in the order in which they are to be administered.

²It is optional for test subjects to take additional breaths at other times during this exercise.

[(4)](6) Controlled negative pressure (CNP) quantitative fit testing procedure.

The CNP procedure is an alternative to aerosol fit test methods. The CNP fit test method technology is based on exhausting air from a temporarily sealed respirator face piece to

generate and then maintain a constant negative pressure inside the face piece. The rate of air exhaust is controlled so that there is a constant negative pressure in the respirator during the fit test. The level of pressure is selected to replicate the mean inhalation pressure that causes leakage into the respirator under normal use conditions. With pressure held constant, airflow out of the respirator is equal to air flow into the respirator. Therefore, measurement of the exhaust stream required to hold the pressure in the temporarily sealed respirator constant yields a direct measure of leakage airflow into the respirator. The CNP fit test method measures leak rates through the face piece as a method for determining the face piece fit for negative pressure respirators. The CNP instrument manufacturer Occupational Health Dynamics of Birmingham, Alabama also provides attachments (sampling manifolds) that replace the filter cartridges to permit fit testing in an employee's own respirator. To perform the test, the test subject closes his or her mouth and holds their breath, after which an air pump removes air from the respirator face piece at a pre-selected constant pressure. The face piece fit is expressed as the leak rate through the face piece, in milliliters per minute. The quality and validity of the CNP fit tests are determined by the degree to which the in-mask pressure tracks the test pressure during the system measurement time of approximately five seconds. Instantaneous feedback in the form of a real-time pressure trace of the in-mask pressure is provided and used to determine test validity and quality. A minimum fit factor pass level of 100 is necessary for a half-mask respirator and a minimum fit factor of at least 500 is required for a full-face piece respirator.

Explain the entire screening and testing procedure to the test subject before doing the screening test.

(a) CNP Fit Test Requirements.

(1) The instrument must have a nonadjustable test pressure of 15.0 mm water pressure.

(2) The CNP system defaults selected for test pressure must be set at 15 mm of water (-0.58 inches of water) and the modeled inhalation flow rate must be 53.8 liters per minute for performing fit tests.

(Note: CNP systems have built-in capability to conduct fit testing that is specific to unique work rate, mask, and gender situations that might apply in a specific workplace. Use of system default values, which were selected to represent respirator wear with medium cartridge resistance at a low-moderate work rate, will allow inter-test comparison of the respirator fit.)

(3) The individual who conducts the CNP fit testing must have adequate training to lead the test.

(4) Replace the respirator filter or cartridge with the CNP test manifold. Temporarily remove or prop open the inhalation valve downstream from the manifold.

(5) Train the test subject to hold his or her breath for at least 20 seconds.

(6) The test subject must put on the test respirator without any assistance. The respirator must not be adjusted once the fit-test exercises begin. Any adjustment voids the test, and the test subject must repeat the fit-test.

(7) Follow the QNFT procedure according to section I.C.1. with an exception for the CNP test exercises.

(b) CNP Test Exercises.

(1) Normal breathing. In a normal standing position, without talking, the subject must breathe normally for 1-minute. After the normal breathing exercise, the subject needs to hold their head straight ahead and hold their breath for 10 seconds during the test measurement.

(2) Deep breathing. In a normal standing position, the subject must breathe slowly and deeply for 1-minute, being careful not to hyperventilate. After the deep breathing exercise, the subject must hold their head straight ahead and hold their breath for 10 seconds during test measurement.

(3) Turning head side to side. Standing in place, the subject must slowly turn their head from side to side between the extreme positions on each side for 1 minute. The head must be held at each extreme momentarily so the subject can inhale at each side. After the turning head side to side exercise, the subject needs to hold their head full left and hold his or her breath for 10 seconds during test measurement. Next, the subject needs to hold their head full right and hold his or her breath for 10 seconds during test measurement.

(4) Moving head up and down. Standing in place, the subject must slowly move their head up and down for 1-minute. Instruct the subject to inhale in the up position (i.e., when looking toward the ceiling). After the moving head up and down exercise, the subject must hold their head full up and hold his or her breath for 10 seconds during test measurement. Next, the subject must hold their head full down and hold his or her breath for 10 seconds during test measurement.

(5) Talking. The subject must talk out loud slowly and loud enough to be heard clearly by the test conductor. The subject can read from a prepared text like the Rainbow Passage, count backward from 100, or recite a memorized poem or song for 1-minute. After the talking exercise, the subject must hold their head straight ahead and hold their breath for 10 seconds during the test measurement.

(6) Grimace. The test subject must grimace by smiling or frowning for 15 seconds.

(7) Bending Over. The test subject must bend at the waist as if they were to touch their toes for 1-minute. Substitute jogging in place for this exercise in those test environments such as shroud-type QNFT units that prohibit bending at the waist. After the bending over exercise, the subject must hold their head straight ahead and hold their breath for 10 seconds during the test measurement.

(8) Normal Breathing. The test subject must remove and re-don the respirator within a 1-minute period. Then, in a normal standing position, without talking, the subject must breathe normally for 1-minute. After the normal breathing exercise, the subject must hold their head straight ahead and hold their breath for 10 seconds during the test measurement. After the test exercises, question the test about the comfort of the respirator after completion of the test. If it is unacceptable, try another model of respirator.

(c) CNP Test Instrument.

(1) The test instrument must have an effective audio warning device when the test subject fails to hold their breath during the test. Stop the test when the test subject fails to hold their breath. Refit and retest the test subject.

(2) Keep a record of the test, assuming the fit test was successful. The record must have the test subject's name; overall fit factor; make, model, style and size of respirator; and date of the test.

(7) Controlled negative pressure (CNP) REDON quantitative fit testing protocol.

(a) When administering this protocol to test subjects, employers must comply with the requirements specified in paragraphs (a) and (c) of Part I.C.6 of this Appendix ("Controlled negative pressure (CNP) quantitative fit testing protocol"), as well as use the test exercises described below in paragraph (b) of this protocol instead of the test exercises specified in paragraph (b) of Part I.C.6 of this Appendix.

(b) Employers must ensure that each test subject being fit tested using this protocol follows the exercise and measurement procedures, including the order of administration, described below in Table A-3 of this Appendix.

Table A-3 - CNP REDON Quantitative Fit Testing Protocol

| <u>Exercises¹</u> | <u>Exercise procedure</u> | <u>Measurement procedure</u> |
|-------------------------------------|--|---|
| <u>Facing Forward</u> | <u>Stand and breathe normally, without talking, for 30 seconds.</u> | <u>Face forward, while holding breath for 10 seconds.</u> |
| <u>Bending Over</u> | <u>Bend at the waist, as if going to touch his or her toes, for 30 seconds.</u> | <u>Face parallel to the floor, while holding breath for 10 seconds</u> |
| <u>Head Shaking</u> | <u>For about three seconds, shake head back and forth vigorously several times while shouting.</u> | <u>Face forward, while holding breath for 10 seconds.</u> |
| <u>Redon-1</u> | <u>Remove the respirator mask, loosen all facepiece straps, and then redon the respirator mask.</u> | <u>Face forward, while holding breath for 10 seconds.</u> |
| <u>Redon-2</u> | <u>Remove the respirator mask, loosen all facepiece straps, and then redon the respirator mask again.</u> | <u>Face forward, while holding breath for 10 seconds.</u> |

¹Exercises are listed in the order in which they are to be administered.

(c) After completing the test exercises, the test administrator must question each test subject regarding the comfort of the respirator. When a test subject states that the respirator is unacceptable, the employer must ensure that the test administrator repeats the protocol using another respirator model.

(d) Employers must determine the overall fit factor for each test subject by calculating the harmonic mean of the fit testing exercises as follows:

$$\text{Overall fit factor} = \frac{1}{[1/FF_1 + 1/FF_2 + \dots + 1/FF_N]}$$

Where:

N = **The number of exercises;**

FF₁ = **The fit factor for the first exercise;**

FF₂ = **The fit factor for the second exercise; and**

FF_n = **The fit factor for the nth exercise.**

Part II. New Fit Test Procedures – Oregon OSHA will accept any new procedures that OSHA accepts. For more information of submitting new procedures for acceptance or other information about this subject, read the federal rules.

Stat. Auth.: ORS 654.025(2) and 656.726(4).

Stats. Implemented: ORS 654.001 through 654.295.

Hist: OR-OSHA Admin. Order 3-2006, f. 6/7/06, ef. 3/1/07.

OR-OSHA Admin. Order 3-2007, f. 8/13/07, ef. 8/13/07.

OR-OSHA Admin. Order 4-2012, f. 9/19/12, ef. 1/1/13.

OR-OSHA Admin. Order 1-2020, f. 2/13/20, ef. 2/13/20.