

# Mask Fit Test Training and Resource Information

## Guidelines for Fit Test Program Administrator

Australian/New Zealand Standard 1715:2009 recommends that:

An individual should be assigned the responsibility to implement and coordinate the respiratory protection program. The program administrator should be suitable and trained with an understanding of the key principles of respiratory protection and requires a basic understanding of workplace hazards. The administrator is ideally an Occupational Health and Safety professional. In small companies, the program may be directed by the employer, foreperson, or other supervisory personnel.

In the aged care sector, the administrator would be an appropriately trained person with knowledge of infection prevention and control (IPC) and the clinical care setting.

## What is the role of the Fit Test Program Administrator?

The Fit Test administrator role includes:

- establishment of local fit test training program
- conducting train-the-trainer education
- providing competency assessment for fit test trainers (minimum annually).

The following information provides a guide in establishing a PFR Fit Test program.

## Types of PFR Fit Testing

**There are two types of PFR fit test – Qualitative and Quantitative:**

**Note:** SA Health encourages Quantitative Fit Testing Method over Qualitative fit testing Method because it is not a subjective method and a numerical result is achieved.

1. A **qualitative fit test** is fast and simple but can be influenced by the wearer. It relies on the wearer's senses to determine if there is a gap in the seal of the respirator to the wearer's face. A test agent such as saccharin or Bitrex™ (a bitter tasting substance) is used at a sensitivity level that demonstrates the user will be able to appropriately sense the presence of the test agent within the respirator by taste, smell or the urge to cough.
  - 3M FT 10 and FT 30- Qualitative Fit testing Info  
<https://www.youtube.com/watch?v=PthSES4O9d8>
  - Drager Qualitative Fit testing Info-  
<https://www.youtube.com/watch?v=Z2auFhPeu-4>
2. A **quantitative fit test** requires the use of specialised particle counting equipment (such as a PortaCount™ Plus machine) to provide quantitative, or numerical, measurements of the amount of face seal leakage present when a given respirator is donned by the user.
  - Quantitative - Portacount Fit testing Info –  
<https://www.youtube.com/watch?v=F3uD4MoPoyc>
  - Quantitative- NSW ACCU Fit- Fit testing Info –  
<https://www.youtube.com/watch?v=6IKSZQ8n5-c>

**The following videos outline some of the setup procedures the Portacount machines require and can be used as a reference.**

-8048 Set up - <https://youtu.be/ZnQqadRoCCE>

-8038 Set up -< <https://youtu.be/QxBb43SqDHM>>

# Fact Sheet - For Administrators and Fit test operators

-Daily Checks - <https://www.youtube.com/watch?v=x7fK5uwzxMQ>

-Probing mask (Black handle)- <https://youtu.be/lq0jXDQnM0s>

-Probing mask (white tool) - <https://youtu.be/9bNfp8C41X0>

-Fit testing - <https://www.youtube.com/watch?v=l0uDzmEiHYo>

## Training for PRF Fit Testing Information:

AIOH -Australian Institute of Occupation Hygienist conducts Resp-FIT Training for both Qualitative and Quantitative Fit testing Methods- 'Respiratory Fit Testing Training and Accreditation Program' - <https://www.aioh.org.au/resp-fit/resp-fit-testing-training>.  
One can also find independent Fit Tester or Fit Test training provider from this page.

## Private Fit Testing Service providers and Portacount Machine Hiring information:

- There are limited fit test providers located within South Australia who provide fit testing related services. You can seek this information by typing in "Maskfit testing Adelaide" into Google Search engine.
- If facilities have their own trained fit test operators, then a fit test machine can also be hired from a private company across Australia. You can seek this information by typing in 'Maskfit testing Machine hire' into Google Search engine.

**Please note** that SA Health are not affiliated with any private fit testing providers. The above information is provided for guidance only.

## Record Keeping:

- Once the fit testing is undertaken it is recommended that employers maintain a record of the outcome and the worker is given information on the size and type of respirator to which they have been successfully fit tested to.

## References:

- The [AIOH RESP – FIT: Fit testing training and accreditation program website](#)
- [Australian/New Zealand Standard: AS/NZS 1715: 2009; pg:19](#)
- Qualitative vs Quantitative: <https://www.youtube.com/watch?v=2xyNg2s1u7c>
- Pro Safety training – beards <https://www.youtube.com/watch?v=dCW06hgZB5Y>
- [Portacount User Manual and Information](#)
- [SA Health Respiratory Protection Guidelines](#) :
- [NSW Respiratory Protection Guidelines](#)

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## For more information

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