PortaCount® Pre Fit Test Checklist

- Set up PortaCount® machine and run daily check, making sure ambient particle count is over 3000 pcm³ for testing half-face respirators and is over 10000 pcm³ for full-face respirators.

- Ask if the individual has smoked or vaped in the last 60 minutes or eaten in the last 15 minutes.

- Ask if they are medically fit to take the test – it will involve gentle continuous exercise for around 8 minutes.

- Check that the individual is clean shaven and ensure they are aware that they must always be clean shaven when wearing RPE at work.

- Ask if other PPE is worn during work (glasses, hearing aids, visors etc). Any required PPE must be worn during the Fit Test.

- Explain why you are conducting a Fit Test.

- Briefly explain the test exercises and reiterate that the subject will be stepping/cycling/pacing throughout the test in addition to these.

- Probe the respirator and attach tubing.

- Ensure a P3 or P3 combination filter is attached of a similar size/weight/shape to what will be worn in the work environment.

- Instruct the subject how to don and doff the mask.

- Visually check that their mask is fitted correctly, checking that no hair is trapped in the face seal.

- Fill out details for the individual and the make/model of the respirator they are Fit Testing into the PortaCount®.
Setting up your PortaCount® 8040 machine

Connect to the power supply

Insert the wick, making sure it has been sitting in alcohol for at least 2 minutes.

Connect the tubing – blue to blue, clear to clear.

Turn on.

Connect to computer with preinstalled PortaCount® software, FitPro Ultra.

Perform a ‘Daily Check’ and address any errors, paying particular attention to the ambient particle count.

**NOTE:** To Fit Test an FFP1 or FFP2 respirator, you will need a PortaCount® 8048 with n95 technology enabled.

**NOTE:** When Fit Testing single-use or half-face respirators, the Ambient Particle Count should be in excess of 3000 pcm3. When Fit Testing full-face respirators, the Ambient Particle Count should be in excess of 10000 pcm3.
Setting up a Particle Generator

Fill Salt Solution Reservoir container with water to the fill line and add one salt tablet.

Attach container to machine, screwing anti-clockwise.

Connect to the power supply and turn on.
The machine should buzz and produce a mist from the top.

NOTE: When Fit Testing single-use or half-face respirators, the Ambient Particle Count should be in excess of 3000 pcm³. When Fit Testing full-face respirators, the Ambient Particle Count should be in excess of 10000 pcm³.
Probing a single-use FFP3 respirator

NOTE:
Disposable and reusable respirators are probed in different ways. Please ensure your respirator is a disposable model before starting.

CAUTION:
The piercing tool is very sharp – watch your hands!

Slide sampling probe onto piercing tool and push nut onto anvil tool.

Push the piercing tool through the mask, from the inside of the respirator.

NOTE: The probe should be inserted centrally around the breathing zone - avoiding seams, folds and valves.

Firmly push the tools together and remove.

Attach clear tubing to probe and don the respirator.

NOTE: If fitted correctly, the probe should not swivel or move.

CAUTION: Probed respirators are for Quantitative Fit Testing only and should be discarded after use.
Performing a Pre-use wearer-seal check

Custom Fit Unvalved FSM18  Custom Fit Valved FSM17
Please ensure that you follow these six steps to fit your respirator correctly:

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

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

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

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

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

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

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

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

Your department fit tester is:
NOTE: Disposable and reusable respirators are probed in different ways. Please ensure your respirator is a reusable model before starting.

CAUTION: Probing attachments vary. Please ensure your attachment is correct for the respirator you are Fit Testing.

Remove a filter from the respirator.

Attach a short (1-2 inch) offcut of tubing onto the central shaft of the probing attachment.

Screw the probing attachment onto the mask with the tubing inserted into the hole and attach the filter on top.

Attach metal clip onto the inner tubing and slot suction pad onto clip.

Firmly push suction pad to side of mask around the breathing zone, avoiding valves and seams.

Attach clear tubing from PortaCount® machine to outer shaft of the probing attachment and don the respirator.

NOTE: You must use a P3 of combination P3 filter of a similar size/weight/shape during the Fit Test.
Performing a Pre-use wearer-seal check

Series 8
Please ensure that you follow the following five steps to fit your respirator correctly every time you put it on. A Pre-Use Wearer-Seal Check does not replace the need for a Fit Test.

1. **Don**
   - Hold the mask against your face and place harness over your head.

2. **Secure**
   - Connect straps behind your head and tighten securely.

3. **Press**
   - Press the front and back of both filters covers together and inhale. The body of the respirator should collapse against your face, indicating a good fit.

4. **Repeat**
   - Repeat the press check process looking up, down, left and right to ensure a suitable seal is formed.

5. **Remove**
   - Unclip the straps behind your head and bring the harness over your head, in front of your face. Do not touch the mask – it may be contaminated.

Please be aware that you should have passed a face Fit Test before wearing this respirator. Face Fit Testing is mask and brand specific.

Additional supplies of Series 8 Half-Masks can be ordered directly.
Order Codes: IND-110-2289 (small), IND-110-0051 (medium), IND-110-2290 (large)
Closest department stocking this product:

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

Your department fit tester is:
Fit Test Exercises Protocol

Prepare the equipment

- Ensure the PortaCount® machine has been set up, daily checks run, the ambient particle count of the room is over 3000 pcm³ (single-use/half-face) or 10000 pcm³ (full-face) accordingly and that all respirators are probed.

Prepare the subject

- Ask the subject whether they have smoked or vaped in the past 60 minutes, eaten in the past 15 minutes, if they are medically fit and whether they have clean shaven in the past 8 hours.

Don the respirator

- Instruct the subject to don their respirator and perform a fit check. If they are unfamiliar with the respirator, please refer to the respirator’s manufacturer’s instructions.
- Visually check that the respirator has been fitted correctly, and check that no hair is trapped along the face seal.
- If Personal Protective Equipment (PPE) is usually worn during the course of work (including spectacles and hearing aids) it should also be worn for the Fit Test.

CAUTION

If PPE interferes with the Quantitative Fit Test process you may need to wear an alternative form of RPE.

The exercises

- Ensure the subject is continually cycling on an exercise bike / walking on a treadmill / stepping on a stepper throughout the test - with the exception of the bending exercise (step 6)
- Follow on-screen instructions and timings.
Step 1
Normal breathing.

Step 2
Deep breathing.

Step 3
Turning head side to side.

Step 4
Moving head up and down.

Step 5
Read the Rainbow Passage on screen.

Step 6
Bending at the waist.

Step 7
Normal breathing.

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colours.

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

People look, but no one ever finds it. When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.
Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colours.

These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end.

People look, but no one ever finds it. When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.

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

Employee Name: 
Department: 
Organisation: 
Date of Test: 
Is the person clean shaven? Yes No 
Is the person medically fit? Yes No 
Has the person smoked/vaped in the last 60 mins? Yes No 
Has the person eaten in the last 15 mins? Yes No 

Test conducted using PortaCount® (please circle): 8030 8038 8040 8048 
Was n95 enabled? Yes No 

Please identify what was used in your fit test:
Respirator type: 
Other facial PPE worn ie: visor/glasses/hearing aids: 
Make: Model: 

FIT TEST EXERCISES: FIT FACTOR: 
Normal breathing 
Deep breathing 
Turning head side to side 
Moving head up and down 
Talking out loud - Rainbow Passage 
Bending over 
Normal breathing 

Overall Fit Factor:
Pass level: 

Test result 
Passed 1st time Passed 2nd time Failed 1st time Failed 2nd time 

Employee Name: Signature Date: 
Tested by: Signature: Date:
Fit Test Register

Organisation: ___________________________ Date: ______________

Trained Tester/s Name: ___________________________

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This Easimask® Fit Tester Training workshop has been independently reviewed and certified as conforming to universally accepted Continuing Professional Development (CPD) guidelines.

Please rate the following (with 1 = poor and 5 = excellent)

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We really appreciate all feedback, please leave a comment below:

Following this training, do you feel confident to Fit Test your colleagues? (Please circle)  Yes  No
Do we have permission to publish your comments? (Please circle)  Yes  No
Were the training room/facilities suitable for Fit Tester training? (Please circle)  Yes  No

Name:  Date:
Job title:
Organisation:  Dept:
Address:
Tel:  Fax:
Email:

Thank you for completing the delegate evaluation and feedback form. We appreciate the information and look forward to speaking to you soon. Please return this form to your Trainer. Full Support Healthcare Ltd is committed to high standards of information security, privacy and transparency. We place high priority on protecting and managing data in accordance with data protection regulations. Please refer to our Privacy Policy on our website www.fullsupporthealthcare.com/privacy-policy/ for further information.