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| ***REPLACE WITH YOUR MASTHEAD*** |
| **VFIS logo black JPG** | **SOG Title:** |
| **SOG Number:** |
| **Original Date:** | **Revision Date:** |
| **ABC Fire Department General Operating Guideline** |

**Fit Testing**

***This is a sample of a standard operating guideline (SOG) on this topic. You should review the content, modify as appropriate for your organization, have it reviewed by your leadership team and if appropriate your legal counsel. Once adopted, make sure the SOG is communicated to members, implemented and performance monitored for effective implementation.***

**Purpose:**

To routinely and properly conduct fit testing for use of protective breathing equipment.

**Procedure:**

**Preparation**

* Connect snaps at the top of the hood so the connections help to support
* Pour small amount (approx. 1 tsp.) of the Sensitivity Test Solution into nebulizer labeled “#1 Sensitivity Test Solution”
* Pour the same amount of Fit Solution into second nebulizer labeled “#2 Fit Test Solution”

**Sensitivity Test**

This test is done to assure that the person being fit tested can detect the taste of the solution at very low levels. The Sensitivity Test Solution is a very dilute version of the Fit Solution. The test subject cannot eat, drink or chew gum for 15 minutes before test:

1. Have the subject put on the hood without a respirator.
2. Position the hood forward so that there is about six inches between subjects’ face and the hood window.
3. Instruct test subject to breathe through mouth.
4. Using nebulizer #1, inject the aerosol into the hood through the hole in the hood window. Inject ten squeezes of the bulb, filly collapsing and allowing the bulb to expand fully on each squeeze.
5. Ask the test subject if he can detect the taste of the solution. If tasted, note the number of squeezes and proceed to the fit test.
6. If not tasted, inject additional ten squeezes of the aerosol into the hood. Repeat with ten more squeezes if necessary. Note the number of squeezes required to produce a taste response.
7. If 30 squeezes are inadequate, the test should end and another type of test must be used because the test subject cannot detect the test agent.
8. Remove the test hood and give the subject a few minutes to clear the taste from his mouth.

**Fit Test**

1. Using the subject, put on and fit check the respirator per the instructions provided with the respirator.
2. Have the subject put on and position the test hood as before and breathe through his mouth.
3. Using nebulizer #2, inject the fit test aerosol using the same number of squeezes as required in the Sensitivity Test
4. To maintain an adequate concentration of aerosol during this test, ¼ the number of squeezes is injected as in Step #3 every 30 seconds.
5. After the initial aerosol is injected ask the test subject to perform the following test exercises for 60 seconds each:
	1. Normal breathing
	2. Deep breathing (breathes should be deep and regular)
	3. Nodding of head side to side (one turn every second)
	4. Nodding head up and down (one turn every second)
	5. Talking — ask the subject to read the paragraph
	6. Normal breathing
6. If the entire test is completed without the subject detecting the taste of the aerosol, the test is successful and respirator fir is deemed adequate.

***This is a sample guideline furnished to you by VFIS. Your organization should review this guideline and make the necessary modifications to meet your organization’s needs. The intent of this guideline is to assist you in reducing exposure to the risk of injury, harm or damage to personnel, property and the general public. For additional information on this topic, contact your VFIS Risk Control representative.***

**References:**

West Redding (CT) VFD – GOG 3-S-314 Developed/Revised/Reviewed by VFIS ETC