

Fit Testing for Respirators

Please note: This is not an EPA RRP requirement. It is included to further protect employees and limit your liability on job sites.

To properly have your employees fit tested for respirator protection, these are the steps we have to take in the Commonwealth of Massachusetts. It is strongly recommended you check the OSHA website or your state's division of worker safety to make sure you are in compliance with the regulations.

1. Attached is a file titled "Fit Test Form" for employees to fill out and submit to an occupational health provider. Call your state for a list of providers. If your state does not have a delead division, you can contact the asbestos worker division. They are subject to annual physicals and fit tests.
2. The Occupational Health Provider you submit your fit test form to can give you medical clearance to conduct a fit test. If the employee smokes or has a history of respiratory issues they will require a Pulmonary Function Test (PFT). This measures the ability of the employee to breathe properly while wearing a respirator. This is a simple test where the employee blows air into a machine that measures lung function.
3. After you have the medical clearance, you can be fit tested by a certified health and safety professional in your state's worker safety division. This test is a simple procedure where you take the respirator you will be wearing to the professional. You will be shown how to wear it, care for it, and be tested to make sure it is working for you.