



Fitting Testing Facts

N-95 Respirators

- A respirator can't protect you if it doesn't fit your face. It's that simple. A fit test is a test protocol conducted to verify that a respirator is both comfortable and correctly fits the user. Fit testing uses a test agent, either **qualitatively** detected by the wearer's sense of taste, smell, or involuntary cough (irritant smoke) or **quantitatively** measured by an instrument, to verify the respirator's fit.
- The benefits of this testing include better protection for the employee and verification that the employee is wearing a correctly-fitting model and size of respirator.
- Qualitative versus Quantitative Fit Testing
 - Qualitative fit testing is a pass/fail test method that uses your sense of taste or smell, or your reaction to an irritant in order to detect leakage into the respirator facepiece. Qualitative fit testing is normally used for half-mask respirators - those that just cover your mouth and nose. Half-mask respirators can be filtering facepiece respirators - often called "N95s" - as well as other half face type respirators. There are four qualitative fit test methods accepted by OSHA:
 - Isoamyl acetate, which smells like bananas;
 - Saccharin, which leaves a sweet taste in your mouth;
 - Bitrex, which leaves a bitter taste in your mouth; and
 - Irritant smoke, which can cause coughing.
 - Quantitative fit testing uses a machine to measure the actual amount of leakage into the facepiece and does not rely upon your sense of taste, smell, or irritation in order to detect leakage. The respirators used during this type of fit testing will have a probe attached to the facepiece that will be connected to the machine by a hose. Quantitative fit testing can be used for any type of tight-fitting respirator. There are three quantitative fit test methods accepted by OSHA:
 - Generated aerosol;
 - Ambient aerosol; and
 - Controlled Negative Pressure.
- Quantitative fit testing for N-95 respirators can be accomplished, but the user must be aware that a "port" is permanently affixed to the respirator. This is done so it can be connected to the machine by a hose. Once the fit test is complete, the respirator used for the test is discarded. This is repeated for each person fit tested.
- More information about fit testing can be found on CDC's website at https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/respsource3fittest.html
- Provided is a list of vendors that can provide either Qualitative or Quantitative fit testing.

Vendors Performing Qualitative and/or Quantitative Fit Testing

Qualitative Fit Testing

Midwest Occupational Testing, Inc.

Jefferson City, Mo
573-619-9410
Anthony Wilson
Qualitative Fit Testing
Statewide
<https://mwotinc.com/>

BeFit Health Services

O'Fallon, MO
314-412-6070
Donnette Brown
Qualitative Fit Testing
St Louis and surrounding counties
<https://www.befithealth.com/safety-services.html>

Health Conservation Programs (HCP) LLC

St. Louis
314-822-4499
Ruby Patton
Qualitative Fit Testing
Statewide
<https://www.healthconservation.com/respiratory-protection-pulmonary-func>

MobileHealth

Columbia
212-695-5122
Qualitative Fit Testing
Columbia and surrounding area
<https://www.mobilehealth.net/employee-screening-drug-respiratory-fit/medical/respirator-fit-test/>

Southeast Health

Southeast Occupational Medicine Clinic
Cape Girardeau
573-334-4822
Brooke Kalinski
Qualitative Fit Testing
South East Region of state
<https://www.sehealth.org/services/occupational-medicine/examination>

Qualitative or Quantitative Fit Testing

Emory Consultants

Kansas City
816-645-6521
Jeff Brinkmeyer
Qualitative or Quantitative Fit Testing
Kansas City and surrounding area
<https://emoryconsultants.com/>

Will Johnson

Columbia, MO
573-999-9904
Qualitative and Quantitative Fit Testing

COLA Contracting Services

St. Louis
314-265-6880
Christine Filla
Qualitative and Quantitative Testing
Statewide
<https://www.colacontractingsafety.com/>

Summit Safety Group

Springfield, MO
417-823-7233
Jake Woolfenden
Qualitative and Quantitative Fit Testing
Statewide
<http://www.summitsafetygroup.com/>

Wise Safety and Environmental

St. Louis MO
314-587-4133
Don Rutsch
Quantitative Fit Testing (Can rent portacount)
Anything outside of 50 mile will have a mileage charge
<https://www.alignable.com/saint-louis-mo/wise-safety-environmental-4/respirator-fit-testing-and-respiratory-service>

CTEH

Little Rock, AR
Mark Johnson
501-766-1515
Contact nurse, Kim Alvis
Qualitative and Quantitative Testing
Will travel if large project
<https://www.cteh.com/>