



### Qualitative Fit Testing Tips for KIMBERLY-CLARK PFR95\* Respirators

#### Respirator Donning Tips

1. The NIOSH information side is placed on the bottom.
2. Place one of the elastics on the crown of the head (at the point of greatest stretch).
3. Place the other elastic at the back of the neck below the ears. Be careful of earrings as they may catch in bands.
4. Position the metal nosepiece up high on the bridge of the nose and hold tight with the thumb and forefinger. Do not let go until all positioning is complete.
5. Hold the nosepiece of the mask with thumb and forefinger, while fitting chin into the bottom of the mask.
6. If the subject's cheeks pooch out of the mask, fit their cheekbones inside the mask, while holding the nosepiece tight over the nose.
7. If the subject's chin is shallow or concave, a gap can be felt under the chin. To eliminate this gap, place the lower elastic band up at the crown of the head with the other band. This narrows the gap underneath.
8. Check the seal by inhaling rapidly while looking down at the mask. If the mask collapses and expands, even slightly, it is an indication that a seal has been achieved.
9. Safety seal type respirators are recommended to assure a seal for all facial features. Note that with safety seals if the subject has a narrow or shallow nasal bridge, turn the inside clear plastic film upwards under the metal nose piece.

#### Fit Testing Tips

1. All long hair must be placed behind the ears. Any hair caught inside the mask will prevent a seal.
2. Men must shave so that all facial hair is inside the mask. Even one day's growth of beard can prevent a seal. Men with beards can not be tested. The subject must decide to either shave or use a positive pressure apparatus.
3. Those with a stuffy nose and/or sore throat possibly due to allergy, upper respiratory infection and/or cold should not be scheduled while experiencing these symptoms.
4. Make sure the subject has not smoked two hours or eaten one hour prior to the test.
5. Send the subject to the rest room after the threshold test to ensure that the mouth, lips, and face are rinsed thoroughly with water between the threshold check and fit testing. Lemon water may be used to insure elimination of the sweet taste of the saccharin.
6. Make sure the subject has conducted a user seal check. Is the mask collapsing when the subject breathes in?



7. Do not squirt the solution directly into the subject's nose/mouth. Squirt it slightly to the side.
8. Make sure the third and fourth exercises are not done too strenuously. The subject should turn his/her head every 5 seconds or so. The testing is supposed to simulate normal movements during patient care.
9. Make sure the nebulizers are clean at the start of testing. Excessive crystallization can be easily removed at the end of the day with warm water and soap.
10. During testing, the white plug should be inserted into the nebulizer. Keep the nebulizers upright when not in use. A mug or similar item is helpful for this purpose to reduce leakage. Inspect the nozzle frequently for clogging and/or crystallizing.

### In Case of Test Failure

Review the list below and repeat the test if any items listed have occurred. Test failure may occur for a variety of reasons:

1. Make sure the test subject has not eaten in the past hour. Note that spicy or garlicky foods may affect breath and can alter test results. The lemon water mouth rinse may be helpful.
2. Make sure the test subject has not smoked for two hours. Also, the lemon water mouth rinse may be helpful prior to the test.
3. Ensure that the test subject has on only minimal make-up. Excessive facial powder may cause test failure.
4. Facial hair outside of mask will lead to an inadequate seal. Instruct the subject to shave, trim goatee or sideburns for the test, or contact employee health for other options.
5. Lack of dentures or altered facial structure due to disease, trauma, or surgery can affect an adequate seal.
6. Respirator positioning affects the seal of the mask.
  - Have the subject position the metal nosepiece up high on the bridge of the nose.
  - If the subject has a narrow or shallow nasal bridge, safety seal respirators may be necessary. Turn the inside clear plastic upwards on the bridge of the nose.
  - Ensure that the subject's chin and cheekbones are inside the mask.
  - Check the placement of the elastic bands at the crown of the head and back of neck.
  - Ensure there is not a gap underneath the chin. Repositioning the lower elastic band up at the crown of the head with the other band may narrow the gap.
7. Incorrect respirator size may cause failure.
8. Make sure the third and fourth exercises (head side to side then up and down) are not done too strenuously. Remember, these exercises are done to simulate movements in daily patient care.
9. Make sure the respirator mask does not hit the inside of the hood. This can break the seal and could cause a false failure.
10. Coughing or sneezing may also cause failure. You may wish to abort the test and begin again if either occurs.



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