
SCHOOL OF HEALTH AND PUBLIC SAFETY

N95 MASKS/RESPIRATORS FIT TESTING REQUIREMENTS

What is Fit Testing for a N95 Mask?

In compliance with Alberta's Occupational Health and Safety Code 2009, students at SAIT Health and Public Safety are Fit-Tested for Respiratory Masks prior to their Practicum.

- When caring for patients requiring airborne precautions, a Fit Tested N95 Respiratory Mask must be worn for your protection.
- The N95 respirator/mask has a filter efficiency level of 95% or greater. It is fluid resistant, disposable and may be worn in surgery.
- The "N" means "Not resistant to oil." The "95" refers to 95% filter efficiency.

Fit-Testing is done to determine which specific make and model of N95 Respiratory Mask should be used by an individual.

Respirator Interference Concerns

- The Mask must be tight enough so that the person is breathing only air which has been filtered.
- **The seal is dependent on facial differences (shape or size)**, personal accessories that include head coverings, garments, facial jewelry, facial hair or other items that come between the skin and sealing surface of the respirator.
- **Facial hair must be removed where the mask contacts the face for the test.**
- It is important you do not smoke within a minimum of one-hour prior of your N95 Fit-Test appointment as particles from smoke will impact your test result.

Medical Assessment (If applicable):

If you have any of the following medical conditions, you are required to be assessed by a qualified health care professional (your family physician or a doctor at SAIT Health Clinic), before proceeding with N95 Mask Fit Testing and to **produce a doctor's note stating your eligibility to wear an N95 respiratory mask** given your medical history.

- Lung conditions (e.g. asthma, chronic bronchitis, COPD, emphysema).
- Heart conditions (e.g. previous heart attack, heart failure, high blood pressure, angina or chest pain).
- Neurological (nervous system) disorder (e.g. seizure disorder or unpredictable loss of consciousness).
- Any form of anxiety (e.g. claustrophobia or fear of being in confined spaces).

- Skin diseases affecting your face or neck that may be made worse by the use of N95 Respiratory Protection (e.g. dermatitis, psoriasis or rosacea); or an eye condition that may be aggravated by the use of N95 respiratory protection.
- Previous difficulty while using a respirator or if you have any concerns about your future ability to use a Respirator safely.

N95 Respiratory Mask Fit Testing at SAIT:

- If you require a medical assessment, ensure you book this several months prior to your N95 mask-fit date.
- Your program will provide you with instructions for how to book a fitting appointment closer to the start of your practicum.
- After your fitting, you will receive a card (N95 Mask Fit Testing Certificate) stating the make and model for a mask that fits your face. You must carry the card while you are on practicum.