



Returning for another fit test

Why do I need to return for another fit test?

If you have smoked, vaped, or consumed food or drink immediately prior to the test, or are not clean shaven, you will be asked to reschedule your fit test.

- Smoking, vaping, eating and drinking** can cause you to exhale particles into the particulate filter respirator (PFR or P2/N95 respirator). The PortaCount® compares the particles in the ambient air to the particles inside the PFR to assess whether ambient particles are leaking across the seal between the mask and your face. Exhaling particles into the PFR as a result of smoking, vaping, eating or drinking may result in a high reading of particles inside the PFR compared to the ambient air, resulting in an erroneous result.
- Facial hair**, including stubble, can interfere with the proper sealing of a PFR.

A fit test will need to be repeated:

- if there is a **significant change to the shape to your face**, such as significant weight gain or loss, facial or dental surgery or scarring
- when you report you are **no longer able to achieve a fit check** with a recommended PFR during day to day clinical use of the respirator
- if you are required to wear a **new** PFR (for example if a new model is introduced).

This document can be made available in alternative formats on request for a person with disability.

If you are unable to achieve an adequate fit factor on any available PFR at a fit testing session you will be asked to return for a repeat fit test.

Experiences across fit test programs in WA public hospitals and other jurisdictions identified that an adequate fit is often able to be achieved at a subsequent fit test session.

Some factors which may influence this include:

- Greater familiarity with different PFR styles, in particular models not previously used, including how to put on (don), mould the mask to your face and perform a fit check.
- Familiarity with the fit test process and exercises reducing any potential anxiety about these
- Reduced distraction while being fit tested.

What if an adequate fit factor is not achieved on the repeat test?

If you are unable to achieve an adequate fit factor on the repeat test you will be referred to Infection Prevention & Control or Occupational or Staff Health to determine the best course of action. This may include reviewing your role in settings requiring airborne precautions or the use of other alternative personal protective equipment.



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