

# Required Procedures for Respiratory Protection Program

Chapter 296-842 WAC

## Rule

**Table 19  
Fit Test Exercises**

**Important:**

- This list applies when you use any fit test.
- Employees tested must perform **all** exercises marked with an "X" as described for the fit test procedure used. **and** you must begin again.
- If an employee fails a fit test, and the fit test procedure requires a second test, and the second test becomes unacceptable, have the employee choose another one for testing.
- When the Controlled Negative Pressure Procedure (CNPP) is used **stop and repeat** the test if the employee adjusts the respirator **or** takes a breath and fails to hold it for 10 seconds.
- Controlled negative pressure tests conducted according to the method published in 29 CFR 1910.134, Appendix A are an acceptable alternative to the method outlined below.

Description of Required Fit Test Exercises	Fit Test Procedures		
	Qualitative Procedures	Quantitative Procedures; EXCEPT the CNPP	Controlled Negative Pressure Procedure (CNPP)
<b>Normal breathing</b> <ul style="list-style-type: none"> <li>• Breathe normally, while standing for one minute</li> </ul>	X	X	
<b>Deep breathing</b> <ul style="list-style-type: none"> <li>• Breathe slowly and deeply while standing for one minute.</li> <li>• Take caution to avoid hyperventilating</li> </ul>	X	X	
<b>Head side to side</b> <ul style="list-style-type: none"> <li>• Slowly turn head from side to side while standing for one minute, pausing at each extreme position to inhale.</li> <li>• Be careful to <b>not</b> bump the respirator</li> </ul>	X	X	
<b>Head up and down</b> <ul style="list-style-type: none"> <li>• Slowly move head up and down while standing for one minute, inhaling in the up position.</li> <li>• Be careful to <b>not</b> bump the respirator.</li> </ul>	X	X	



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Table 19 (Continued) Fit Test Exercises			
Description of Required Fit Test Exercises	Fit Test Procedures		
	Qualitative Procedures	Quantitative Procedures; EXCEPT the CNPP	Controlled Negative Pressure Procedure (CNPP)
<b>Talking</b> <ul style="list-style-type: none"> <li>Talk slowly and loud enough to be heard clearly by the individual conducting fit testing for one minute. Choose <b>one</b> of the following:                             <ul style="list-style-type: none"> <li>VAP @y 23 @V3@NPA1-3E03-10W</li> <li><b>Rainbow Passage*</b></li> <li>{2" f343 3EtA30P@y 21AE</li> <li>{2) V@W3 y f@AMP fW 2f@f-g</li> </ul> </li> </ul>	X	X	
<b>Grimace</b> <ul style="list-style-type: none"> <li>Smile or frown for 15 seconds</li> </ul>		X	
<b>Bending over</b> <ul style="list-style-type: none"> <li>Bend over to touch toes while standing. Repeat at a comfortable pace for one minute</li> <li><b>or</b></li> <li>Jog in place for one minute if the test enclosure, such as a hood, doesn't permit bending over</li> </ul>	X	X	
<b>Normal breathing</b> <ul style="list-style-type: none"> <li>Breathe normally while standing for one minute</li> </ul>	X	X	
<b>Face forward</b> <ul style="list-style-type: none"> <li><b>Premeasurement activity:</b> Stand and breath normally, without talking, for 30 seconds</li> <li><b>Measurement position:</b> Face forward while holding breath for 10 seconds</li> </ul>			X
<b>Bending over</b> <ul style="list-style-type: none"> <li><b>Premeasurement activity:</b> While standing, bend at the waist, as if to touch toes</li> <li><b>Measurement position:</b> Hold the bending position with face parallel to the floor while holding breath for 10 seconds</li> </ul>			X

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Table 19 (Continued) Fit Test Exercises			
Description of Required Fit Test Exercises	Fit Test Procedures		
	Qualitative Procedures	Quantitative Procedures; EXCEPT the CNPP	Controlled Negative Pressure Procedure (CNPP)
<b>Head shaking</b> <ul style="list-style-type: none"> <li>• <b>Premeasurement activity:</b> Vigorously shake head from side to side for about 3 seconds while shouting</li> <li>• <b>Measurement position:</b> Face forward, while holding breath for 10 seconds</li> </ul>			X
<b>Redon-1</b> <ul style="list-style-type: none"> <li>• <b>Premeasurement activity:</b> Loosen all facepiece straps and remove the respirator completely, then put it back on</li> <li>• <b>Measurement position:</b> Face forward while holding breath for 10 seconds</li> </ul>			X
<b>Redon-2</b> <ul style="list-style-type: none"> <li>• Repeat the premeasurement activity and measurement position described in Redon-1</li> </ul>			X
<p>*The Rainbow Passage:</p> <p><i>"When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond reach, his friends say he is looking for the pot of gold at the end of the rainbow."</i></p>			

