

Breathe Safely: Respiratory Protection Trainer Guide



Trainer Guide

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Checklist for Fit Testing

Provide education about N95 respirators

- ☐ **Before** you **begin**, describe a fit test and why it is important:
 - It makes sure the respirator fits and seals to your face
 - A good fit and seal means you get the best protection possible
- ☐ Give the wallet card
- ☐ Teach masks vs. respirators
 - Mask: Doesn't have a good seal
 - Respirator: Good seal, protects wearer and others, head straps
 - International respirators: Have ear loops, not a good seal (discourage use)
- ☐ Ask what they plan to use the respirator for
- ☐ Teach what an N95 can protect against
 - Wildfire smoke, air pollution, disease
 - Exhalation valve & heat; but not when sick
 - If more complicated: point them to the QR code on the wallet card
- ☐ Teach what an N95 does NOT protect against (tell them where to find information by using the QR code)
 - Home projects like gases or chemicals that smell (ex: spray paint, paint thinner, cleaning products)
- ☐ Where to find a respirator
 - Home improvement stores, local hardware store
 - Manufacturers' website
 - Some pharmacies
 - Use caution when purchasing from 3rd party online stores in case of counterfeit
- ☐ How to tell a respirator is real
 - NIOSH in all caps
 - Head straps
 - TC-84A number
- ☐ Beards
 - Ideal = clean shaven
 - The longer the beard= the bigger the gap= the worse the seal

Things to remember **before** sensitivity and fit test:

- ☐ No eating, drinking (except plain water), smoking, or gum 15 minutes before the fit test
- ☐ Wear regular accessories (glasses, hearing aids)
- ☐ Head straps easier for accessories, but can knock hearing aids out
- ☐ Glasses won't fog with correct fit and seal: if fogging happens, readjust nose piece and do a seal check

Fit - General rules of thumb for selecting a respirator




- Trifold – most universal, start here
- Cup – rounder faces
- Small cup – smaller faces
- Duckbill – smaller faces

Qualitative Fit Test Guide:

Part 1 Sensitivity Test

For instructions specific to your test kit, see the manufacturers' directions

Before you begin, make sure to have the following:

- ☐ Respirator
- 
- ☐ Fit Test Solution (bitter and sweet)
- ☐ Test solution spray bottle (nebulizer)
- 
- ☐ Test Hood
- 
- ☐ This checklist/guide

- 1

Add ½ teaspoon (to the second line) of sensitivity bitter solution (**red labeled** bottle) to the sensitivity nebulizer (marked with **red**). Spray to make sure you see a cloud so you know it is working.
- 2

Put hood on person – no respirator for this part of the test
- 3

Have person breathe through their mouth with their tongue out. Tell them to let you know as soon as they taste anything.
- 4

Squeeze the spray bottle, aiming it to the side inside the hood. Count how many sprays it takes for the person to taste it, ask after each spray. The chart shows how many squeezes for the taste test. Stop test after 30 squeezes. If they cannot taste anything, then try the sweet solution.

Part 1 Number of Squeezes	Part 2 Number of Squeezes Initial Dose	Part 2 Number of Squeezes Replenishing Dose
1-10	10	5
11-20	20	10
21-30	30	15
- 5

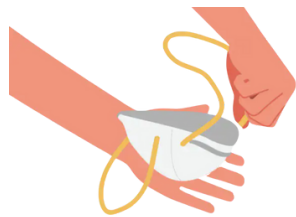
Person should drink water after the sensitivity test is complete.
- 6

Write down number of squeezes done on replenishing spray chart.

Explaining How to Put on a Respirator

This document includes the most important pieces of information to get across while teaching others how to put on a respirator.

1 Check your N95 respirator for damage



2 Place respirator over nose and mouth



3 Place straps on the crown of the head and neck



4 Adjust nose piece with both hands for a secure fit



5 Check for a good seal



Common Mistakes



Crossed Straps



One Strap



Upside Down



Below the Ear

Qualitative Fit Test Guide:

Part 2 Fit Test

- 1 Add ½ teaspoon (to the second line) of test solution (**black labeled bottle**) to the test nebulizer (**marked with black**). Spray to make sure you see a cloud so you know it is working.
- 2 Teach how to put a respirator on and how to perform seal checks **and check if respirator is comfortable enough**.
- 3 Put hood on person.
- 4 Have person breathe through their mouth with their tongue out (keep reminding them). Tell them to let you know if they taste anything. If they do taste bitter or sweet during the test, first check that the respirator is on correctly. If it is not, rinse out the mouth and pick a new respirator. Restart part 2 only.
- 5 Start with # of squeezes in part 1, then half that # every 30 seconds. See the example below, which shows the number of squeezes in Part 1. If the person can taste the solution between 1-10 sprays, then 10 is the initial dose. Follow the chart for timing and exercises.

Time (Min:Sec)	Test Exercise	Nebulizer Squeezes Based on Sensitivity Test 10 squeezes	Nebulizer Squeezes Based on Sensitivity Test 20 squeezes	Nebulizer Squeezes Based on Sensitivity Test 30 squeeze
0:00	Normal Breathing	10 Squeezes	20 Squeezes	30 Squeezes
0:30		5 Squeezes	10 Squeezes	15 Squeezes
1:00	Deep Breathing	5 Squeezes	10 Squeezes	15 Squeezes
1:30		5 Squeezes	10 Squeezes	15 Squeezes
2:00	Head Side to Side	5 Squeezes	10 Squeezes	15 Squeezes
2:30		5 Squeezes	10 Squeezes	15 Squeezes
3:00	Head Up and Down	5 Squeezes	10 Squeezes	15 Squeezes
3:30		5 Squeezes	10 Squeezes	15 Squeezes
4:00	Talking/Rainbow Chart	5 Squeezes	10 Squeezes	15 Squeezes
4:30		5 Squeezes	10 Squeezes	15 Squeezes
5:00	Bending Over or Jogging	5 Squeezes	10 Squeezes	15 Squeezes
5:30		5 Squeezes	10 Squeezes	15 Squeezes
6:00	Normal Breathing	5 Squeezes	10 Squeezes	15 Squeezes
6:30		5 Squeezes	10 Squeezes	15 Squeezes
7:00	End Test	5 Squeezes	10 Squeezes	15 Squeezes

Things to remember **after** fit test

- ☐ **Tell wearer to only use the fit tested respirator (same make and model) – others may not fit!**
 - How to find make and model
 - Write the respirator make and model on the wallet card
- ☐ Clean the hood with hydrogen peroxide and rinse the nebulizer out with water and wait 30 seconds between each use
- ☐ Give the wearer 5 respirators to take home

Rainbow Passage

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.