



Lifespan

Delivering health with care.®

How To Prepare for Your Fit-Testing Session with Mobile Health

1. Make sure you have completed your OSHA medical evaluation and scheduled your appointment.
2. Be clean shaven.
3. If you currently have a reusable respirator (Elastomeric or Envo), **clean it and bring it with you to your appointment.**
4. Do not eat, drink, smoke or chew anything for 15 minutes prior to the fit test.

Frequently Asked Questions and Answers About Fit-Testing

Why do I need to be fit tested for a respirator?

A respirator fit test must be performed for all patient-facing staff to confirm that you have the right mask with the right fit to keep you safe.

Will I be fit-tested on more than one respirator?

You will be fit-tested on three different respirators, to ensure adequate supply of PPE in case of supply chain disruption: two different disposable N95s, and the Envo **or** Elastomeric reusable respirator. If you currently have an Envo or Elastomeric, you should clean it, change the filter if needed, and bring it with you for a fit check.

How Do I Clean My Envo Or Elastomeric Respirator?

[Cleaning instructions—Elastomeric](#) (filter should be changed approximately once per year)

[Cleaning instructions—Envo](#) (filter should be changed approximately every 8-10 hours, or after every shift)

Filters for both can be ordered by unit managers/supervisors by contacting the Supply Chain Distribution Center at 444-2152 or by ordering through Peoplesoft:

Peoplesoft# 409394 Envo filters

Peoplesoft #409358 Elastomeric filters

Why must I complete a medical evaluation prior to the respirator fit test?

OSHA requires a medical evaluation to ensure that it is safe for you to wear a respirator. This evaluation is reviewed by Mobile Health clinicians to make sure the wearer meets all requirements necessary to wear the mask. Should a concern arise from the evaluation, we will discuss results and recommend appropriate action, depending on medical necessity.

How long does the respirator fit test take?

The respirator fit test takes approximately 25 minutes.

Will I receive a notification that I've been medically cleared and ready to proceed with the fit test?

Yes, you will receive the notification via your Lifespan email, or the email you provided.

What happens if the medical evaluation requires follow up – how do I proceed?

You will be contacted within 24 hours by a member of the Mobile Health medical team at the phone number you provided in the evaluation form for a follow-up consultation. If you cannot be medically cleared, you should work with your manager to determine next steps.

What can I expect during a respirator fit test?

There are two parts to this process: a threshold test and a fit test.

- During the threshold test, your ability to taste an aerosol will be measured using a low-concentration saccharin or Bitrex solution.
- During the fit test, you will be asked to perform a series of five exercises that are meant to imitate motions you would make on a day-to-day basis, while a higher concentration of the solution is introduced.
- If the respirator has a proper fit, you should not be able to taste the solution.

Why can't I be fit tested if I have facial hair?

In compliance with OSHA standard 1910.134, facial hair is not permitted because it interferes

with the seal of the respirator. Mustaches, sideburns, and small goatees that do not interfere with the seal of the respirator can be fit tested.

Where exactly are the fit-testing clinics being held at each location?

| LOCATION | FIT-TESTING SITE |
|---|---|
| Rhode Island Hospital | Gerry House |
| The Miriam Hospital | Steve Barron Conference Room, Fain Building, 2 nd floor |
| Bradley Hospital | Bradley 301 (main building) |
| Newport Hospital | MacLaurin Living Room |
| 148 West River Street, Providence | West River Café (1 st floor) Park in NORTH lot |
| 1567 South County Trail, East Greenwich | Enter through main entrance. Location is to the immediate right. |

Questions? Contact fittesting@mobilehealth.net