After selecting and donning a comfortable fitting respirator follow procedure below.

(1) Normal breathing. In a normal standing position, without talking, the subject shall breathe normally for 1 minute.

(2) Deep breathing. In a normal standing position, the subject shall breathe slowly and deeply, for 1 minute taking caution so as not to hyperventilate.

(3) Turning head side to side. Standing in place, the subject shall slowly turn his/her head from side to side between the extreme positions on each side. The head shall be held at each extreme momentarily so the subject can inhale at each side.

(4) Moving head up and down. Standing in place, the subject shall slowly move his/her head up and down. The subject shall be instructed to inhale in the up position (i.e., when looking toward the ceiling).

(5) Talking. The subject shall talk out loud slowly and loud enough so as to be heard clearly by the test conductor. The subject can read from a prepared passage such as the Rainbow Passage.

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.

(6) Grimace. The test subject shall grimace for 15 seconds by smiling or frowning. (This applies only to QNFT testing; it is not performed for QLFT)

(7) Bending over. The test subject shall bend at the waist as if he/ she were to touch his/her toes. Jogging in place shall be substituted for this exercise in those test environments such as shroud type QNFT or QLFT units that do not permit bending over at the waist.

(8) Normal breathing. Each test exercise shall be performed for one minute except for the grimace exercise which shall be performed for 15 seconds. The test subject shall be questioned by the test conductor regarding the comfort of the respirator upon completion of the protocol. If it has become unacceptable, another model of respirator shall be tried. The respirator shall not be adjusted once the fit test exercises begin. Any adjustment voids the test, and the fit test must be repeated.

| **Revision / Review History** |
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| **Revision** | **Date** | **Authorized By** | **Changes** |
| 1 | 9/11/2000 | Safety Director | New Index |
| 1 | 1/15/2001 | Safety Director | Annual Review |
| 1 | 1/10/2002 | Safety Director | Annual Review |
| 1 | 1/11/2003 | Safety Director | Annual Review |
| 1 | 1/15/2004 | Safety Director | Annual Review |
| 1 | 1/10/2005 | Safety Director | Annual Review |
| 1 | 6/27/2006 | Safety Director | Annual Review |
| 1 | 9/6/2007 | Safety Director | Annual Review |
| 1 | 8/23/2010 | Safety Director | Annual Review |
| 1 | 10/3/2012 | Safety Director | Annual Review |
| 1 | 11/10/2012 | Safety Director | Annual Review |
|  | 9/25/2013 | Safety Director | Annual Review |
| 2 | 7/12/2016 | Safety Director | Annual Review-Updated and new format |
| 2 | 6/30/2017 | Safety Director | Annual Review |
| 2 | 12/20/2018 | Safety Director | Annual Review |
| 2 | 6/7/2019 | Safety Director | Annual Review |