

Standards of Practice

Respiratory Protection: Appendix A

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User Seal Check Instructions (Fit Test)

User Seal Checks shall be performed each time the respirator wearer dons (puts on) the respirator or enters a hazardous atmosphere. A User Seal Check is not the same as the annual Respirator Fit Test.

There are two User Seal Checks to be performed:

Negative Fit Check

1. Don the respirator
2. Adjust the straps
3. Place palms of user's hands over the inhalation inlets. The inhalation inlets are located on the cartridge, canister or filter. This will prevent air from entering the mask when the user inhales. If needed, the user can use a piece of plastic to help close off the inlets.
4. Inhale slowly
5. Hold breath for about 10 seconds. The mask should collapse slightly inward.
6. If the mask collapses and the user feels no leaks around the mask seal, the seal should be secure.
7. Vigorous or overly sustained inhalation can cause the seal to leak air. This should be avoided when checking the seal.

Positive Fit Check

This section refers to those supervisory personnel who have at least one work area that requires the use of respiratory equipment. Supervisory personnel would include such people as foremen, superintendents, etc.

1. Don the respirator
2. Adjust the straps
3. Place the palm of the user's hand over the exhalation outlet.
4. Exhale slowly
5. Hold breath for about 10 seconds. The mask should bulge out slightly.
6. If the mask bulges and the user feels no leaks around the mask seal, the seal should be secure.
7. Vigorous or overly sustained exhalation can cause the seal to leak air. This should be avoided when checking the seal.

Appendix A	Appendix B	Appendix C	Appendix D
User Seal Check Instructions (Fit Check)	Fit Test Procedures for Tight-Fitting Respirator Masks	Definition of Terms	OSHA Respirator Medical Evaluation Questionnaire

Revision Log			
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