



Why are annual FIT TESTS required?

OSHA requires annual fit testing: 29 CFR 1910.134

Administrator



Time for your annual fit testing!



It usually only takes 15–20 minutes.

Worker



Can we do this another day? I've got so much to do.



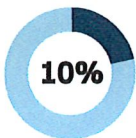
I'm busy. You're busy. Why is it necessary to do this EVERY YEAR?

Bottom line...



If your respirator doesn't fit, it can't efficiently protect you. **OSHA requires annual fit testing: 29 CFR 1910.134**

NIOSH Facts



NIOSH research confirms the need for annual testing: 10% of subjects failed a fit test after 1 year using the same make, model, and size respirator.



NIOSH research also suggests that those who have lost > 20lbs should prioritize getting fit tested again right away. Other facial changes requiring fit testing include significant weight gain, extensive dental work, scarring, or cosmetic surgery.



Respirator fit **CAN** change over time. If your respirator doesn't fit, it doesn't work.



If the respirator fit is unacceptable, the worker must be given the opportunity to select a different respirator and be retested.



Sources: OSHA Fit Testing Procedures 1910.134, Appendix A, https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=9780
New NIOSH Study Supports the OSHA Annual Fit Testing Requirements for Filtering Facepiece Respirators, <http://blogs.cdc.gov/niosh-science-blog/2016/01/05/fit-testing/>

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Center for Disease Control and Prevention
National Institute for Occupational Safety and Health



NIOSH
National Institute for Occupational Safety and Health