

June 2016

## Hamilton Health Sciences N95 Respirator Fit Testing Requirements (All new and existing residents)

Staff members required to use an N95 respirator as part of their duties, must be fit tested prior to use. Any staff member failing their fit test, or who have not been fit tested, cannot provide care where an N95 respirator is required.

Health, Safety and Wellness (HSW) conducts fit testing clinics throughout the year for all new residents, as well as, all residents whose fit tests have expired during their residency program. As per the CSA Z94.4-11, the N95 respirator fit test is required every two years. It is the responsibility of the resident to ensure that their fit test is current.

To book your appointment or to see the next open clinic please [Click Here](#) or go to Hamilton Health Sciences Intranet → HSW → Safety Services → N95 Fit Testing Clinic.

**Important:** Each fit test takes approximately 10-20 minutes to complete. On the day of testing, please refrain from eating, smoking, and chewing gum for at least 30 minutes prior to the test. One must also be clean-shaven where the respirator seals to the face.

If you have written proof of a valid fit test (less than two years old) from another health care facility on any of the respirators we use, please bring the documentation to your site's Employee Health Office. The following information must be included: name, date, model number, and institution.

Hamilton Health Sciences N95 respirators include:

3M 8210  
3M 8110S  
3M 1870  
3M 1860  
3M 1860S  
VFlex 9105  
VFlex 9105S

If you have any questions or concerns regarding the fit testing process, please contact your residency program directory, see details on the [HHS website](#) or email [safety@hhsc.ca](mailto:safety@hhsc.ca)