

## Mask Fit Testing Resource Summary

The first half of the resources provide more detail about mask fit testing, including how to conduct a mask fit test and a seal check, and the second half of the resources provide information about external services that offer formal mask fit testing and training.

A few notes:

- The Occupational Health and Safety (OHS) is the Canadian regulatory authority for workplace health and safety (specifically for workplaces under federal jurisdiction). In Ontario, we follow the Occupational Health and Safety Act (OHSA).
- While the majority of these links are Canadian-based, we do include some links that refer to the United States' OSHA (Occupational Safety and Health Administration) mask fit testing protocol (as per OSHA 29 CFR 1910.134 A) as there are more training tutorials available based on this standard.
- Training requirements for those conducting fit testing: As outlined on the Act First Safety website, "fit testers are required to meet the definition of competency under the Occupational Health and Safety Act to perform fit testing on others. In addition, the Canadian Standards Association (CSA) Z94.4 Selection, Care and Use of Respirators, has specific training requirements and competencies for fit testers."

For more IPAC-related resources, please feel free to reach out to us or refer to the Wellness Hub's IPAC+ Resource Repository:

<https://www.rgptoronto.ca/resources/ipac+/>

Resource	Description
Description of how to perform a proper N95 fit test by Occupational Health and Safety Canada: <a href="https://www.ohscanada.com/features/perform-proper-n95-fit-test/">https://www.ohscanada.com/features/perform-proper-n95-fit-test/</a>	<ul style="list-style-type: none"> <li>• This article provides an overview of how to perform an N95 fit test according to the OHS. It includes an outline of all elements that should be included in a fit testing program, and a description of each section of the fit testing program.</li> </ul>
Respiratory mask fit testing FAQs by Occupational Health and Safety Canada: <a href="https://www.ohscanada.com/overtime/respirator-mask-fit-testing-faqs/">https://www.ohscanada.com/overtime/respirator-mask-fit-testing-faqs/</a>	<ul style="list-style-type: none"> <li>• This article provides a summary of responses to common questions that OHS staff leading the Safety First Training have received about mask fit testing.</li> </ul>
Using masks in the workplace by the Government of Ontario: <a href="https://www.ontario.ca/page/using-masks-workplace">https://www.ontario.ca/page/using-masks-workplace</a>	<ul style="list-style-type: none"> <li>• This resource has been prepared to help workplace parties (employers and employees) understand their obligations in relation to good practices to control the spread of COVID-19 in the workplace, covered under the Occupational Health and Safety Act (OHSA)</li> </ul>

<p>Everything employers need to know about respiratory fit testing from the Occupational Safety Group: <a href="https://osg.ca/everything-employers-need-to-know-about-respirator-fit-testing/">https://osg.ca/everything-employers-need-to-know-about-respirator-fit-testing/</a></p>	<ul style="list-style-type: none"> <li>• This article provides a very comprehensive overview of everything that employers need to know about respiratory fit testing, written for the Canadian (and Ontarian) context.</li> <li>• It also includes a link to book a Respiratory Fit Test through the Occupational Safety Group.</li> </ul>
<p>N95 and KN95 mask fit testing tutorial based on OSHA protocol: <a href="https://www.youtube.com/watch?v=pI_wtU-wJp0">https://www.youtube.com/watch?v=pI_wtU-wJp0</a></p>	<ul style="list-style-type: none"> <li>• This is a video tutorial providing an overview of how to conduct a fit test based on the OSHA fit testing protocol. It overviews how to fit test both N95 and KN95 masks.</li> </ul>
<p>Additional downloadable documents that organizations have put together to provide a step-by-step overview of the mask-fit testing process: <a href="https://www.bu.edu/ehs/files/2014/08/Conducting-a-Fit-Test.pdf">https://www.bu.edu/ehs/files/2014/08/Conducting-a-Fit-Test.pdf</a></p>	<ul style="list-style-type: none"> <li>• These process overviews are based on the OSHA mask fit testing guidance. The documents note that they outline the process for convenience, but do not guarantee that the process is directly in line with the most up to date OSHA guidance and encourage employers to cross-reference with the OSHA protocol.</li> </ul>
<p>Tutorials and guidance on how to perform a seal check when donning an N95 mask, and how to doff an N95 mask:</p> <ul style="list-style-type: none"> <li>• <a href="https://www.publichealthontario.ca/en/videos/ipac-n95respirator-cone-on">https://www.publichealthontario.ca/en/videos/ipac-n95respirator-cone-on</a></li> <li>• <a href="https://www.publichealthontario.ca/en/videos/ipac-n95respirator-cone-off">https://www.publichealthontario.ca/en/videos/ipac-n95respirator-cone-off</a></li> </ul> <p><a href="https://www.publichealthontario.ca/-/media/documents/r/2012/rpap-recommended-ppe-steps.pdf?la=en">https://www.publichealthontario.ca/-/media/documents/r/2012/rpap-recommended-ppe-steps.pdf?la=en</a></p>	<ul style="list-style-type: none"> <li>• In addition to performing a formal mask fit test, a seal check should be performed every time an individual dons an N95 mask.</li> <li>• These links provide an overview of how to perform this seal check when donning the mask. We have also included guidance on doffing the mask.</li> </ul>

These next links all provide information about external services that offer formal mask fit testing and training. All services do have a cost associated with them. If of interest, we could explore if the Healthcare Excellence Canada seed funding could cover this for participating sites.

External service that performs fit testing - University Health Network (UHN) Booking Link:

[https://maskfitbookings.ca/cN95\\_1.php](https://maskfitbookings.ca/cN95_1.php)

- University Health Network (UHN) is offering appointments at 700 Bay Street, Toronto beginning January 4, 2022 for eligible healthcare workers (OH employees) in the Toronto Region.
- **Note:** Fit testing will be conducted by appointment only. Drop-ins will not be accepted. Bookings will be monitored and where needed, additional dates and times will become available.

External service that performs fit testing - Public Services Health & Safety Association:

<https://www.pshsa.ca/courses/training-the-fit-tester-for-respiratory-protection?onSiteRequest=true>

- Distance learning component (Train the Fit Tester for Respiratory Protection Distance Learning):
  - 4-hour program.
  - Equips learners with the knowledge and skills needed to conduct their own qualitative fit testing (QLFT) within workplace as required by the legislation, and as outlined by the CSA Standard Z94.4-18, Selection, Use, & Care of Respirators. It also is specifically tailored for aerosol & bioaerosol hazards.
  - Upcoming sessions in late January and early February.
  - \$150.00 for one person.
- On-site training component:
  - Appears to be the same as the distance learning component but on-site.
- Located in North York, Ontario.
- Need to fill out the inquiry form if you are interested in booking a site for your workplace.
- Pricing not specified.

<p>External service that performs fit testing - Safety First Training (the training offered through OSG):</p> <ul style="list-style-type: none"> <li>• Respiratory Mask Fit Testing: <ul style="list-style-type: none"> <li><a href="https://www.safetyfirsttraining.ca/course/onsite-training/respirator-mask-fit-test-training/">https://www.safetyfirsttraining.ca/course/onsite-training/respirator-mask-fit-test-training/</a> <ul style="list-style-type: none"> <li>○ A video outlining what to expect at the mask fit training session: <ul style="list-style-type: none"> <li><a href="https://www.youtube.com/watch?v=x6Ch_b5kkl5">https://www.youtube.com/watch?v=x6Ch_b5kkl5</a></li> </ul> </li> </ul> </li> </ul> </li> <li>• Train-the-trainer theory course on respirator mask fit testing (N95, Half Mask, Full Mask): <ul style="list-style-type: none"> <li><a href="https://www.safetyfirsttraining.ca/train-the-trainer-certification-courses/">https://www.safetyfirsttraining.ca/train-the-trainer-certification-courses/</a></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Respirator Mask Fit Testing from Safety First Training meets CSA Standard Z94.4 Respiratory Regulations that certifies N95, half mask and full face mask fit tests.</li> <li>• Takes approximately 10-15 minutes per person.</li> <li>• Upon successful completion, participants will receive a PDF wallet card for their records.</li> <li>• Offered at the client's locations for their employees.</li> <li>• A Train the Trainer component to educate and prepare workers for the testing and use of respiratory protection</li> <li>• devices are also available at an additional cost. <ul style="list-style-type: none"> <li>○ Cost: <ul style="list-style-type: none"> <li>▪ Mask Fit Test Session: \$779.00 (up to maximum 12 people) based on one type of mask per person.</li> <li>▪ Additional participants: \$59.00</li> </ul> </li> </ul> </li> <li>• Cost: \$1,980 + HST for each session below (Maximum 4 participants)</li> </ul>
<p>External service that performs fit testing - Act First Safety Respiratory Fit Testing Program:</p> <p><a href="https://actfirstsafety.ca/training/instructor-led/respirator-fit-testing/">https://actfirstsafety.ca/training/instructor-led/respirator-fit-testing/</a></p>	<ul style="list-style-type: none"> <li>• Act First Safety offers qualitative fit testing (QLFT) following (CSA) Z94.4 Selection, Care and Use of Respirators for workers using: <ul style="list-style-type: none"> <li>• NIOSH N95 Respirators</li> <li>• Half-face Respirators</li> <li>• Full-face Respirators</li> </ul> </li> <li>• They conduct weekly fit testing clinics. They are located in Scarborough, Ontario. Call 416-283-7233 or email <a href="mailto:safety@actfirstsafety.ca">safety@actfirstsafety.ca</a> for more information and to schedule an appointment.</li> <li>• Onsite sessions may be arranged.</li> <li>• Tailored to any worker who needs fit testing prior to wearing a respirator.</li> <li>• Price not specified.</li> <li>• Also offers Train-the-Trainer sessions; outlines that they are currently TBD/virtual, and that they would also be able to be run at your location.</li> </ul>

<p>External service that performs fit testing - CanaPHEM N95 Mask Fit Testing:</p> <p><a href="https://canaphem.ca/medical-services/n95-mask-fit-testing/">https://canaphem.ca/medical-services/n95-mask-fit-testing/</a></p>	<ul style="list-style-type: none"> <li>• Quantitative N95 mask fit testing.</li> <li>• Individual mask fit testing: Takes approximately 30 minutes for one/two masks (each appointment is booked for 30 minutes).</li> <li>• Can perform testing on-site at your location (price starting at \$50.40 per person plus travel expenses).</li> <li>• Also provide mask fit testing at their corporate office (\$50.40 per person for one/two masks and 30-minute session). Their office is located in Whitby, Ontario.</li> </ul>
<p>External service that performs fit testing - STS Group: Workplace Safety Training and Consulting:</p> <p><a href="https://www.stscanada.com/safety-training-courses/mask-fit-testing/">https://www.stscanada.com/safety-training-courses/mask-fit-testing/</a></p>	<ul style="list-style-type: none"> <li>• STS group fit test program not only fits masks, but provides specific training on the use, criteria for use, donning and removal of the mask, as well as other essential information related to mask use.</li> <li>• Upon successful completion of the evaluation participants will receive wallet card and record of training.</li> <li>• Located in Markham, Ontario. Pricing and location not specified. Contact 416-635-7800 or <a href="mailto:info@stscanada.com">info@stscanada.com</a> for more information.</li> </ul>
<p>External service that performs fit testing - Respirator Fit Testing Services- N95, Half-mask, Full-facepiece (Ontario):</p> <p><a href="https://www.firstforsafety.ca/service.php?id=6">https://www.firstforsafety.ca/service.php?id=6</a></p>	<ul style="list-style-type: none"> <li>• Qualitative Respirator Fit Testing that meets the CSA Standard Z94.4-18 on fit testing as well as on the selection, use, and care of respirators (Z94.4-02).</li> <li>• Includes both a minimum instructional component that varies in length depending on the type of respirator.</li> <li>• A qualitative fit test is then completed using accurate irritant smoke test methods.</li> <li>• Materials: Includes a copy of the Instructor's Fit Test Results and a Certificate of Completion, a laminated wallet card (upon request) and a Record of Training for Employers (as applicable).</li> <li>• Pricing: Please request a quotation for the best pricing available by emailing Jennifer with the following information:             <ul style="list-style-type: none"> <li>• Number of Candidates, (b) Location, (c) Type of Respirator(s), and (d) Type or hazard or industry. To schedule please call 705-526-3853 or email <a href="mailto:jennifer@firstforsafety.ca">jennifer@firstforsafety.ca</a>.</li> </ul> </li> </ul>

External service that performs fit testing - N95 Respirator Mask Fit Test Program Services (Ontario):

<https://sosfirstaid.ca/courses/n95-mask-fit-test-program/>

- They offer Qualitative mask fit testing at your location.
- Mask fit testing program offers qualitative mask fit testing based on Occupational Health and Safety (OHSA) regulations. This PPE program meets the requirement for respirator fit testing based on the current Canadian CSA-Z94 standard (use and care of respirators).
- Participants bring their own mask.
- Coverage area: Toronto, Mississauga, Brampton, Vaughan, Richmond Hill, Orangeville, Milton, Oakville, Burlington, Hamilton, Stoney Creek, Ancaster, Kitchener/Waterloo, Brantford, Cambridge, St Catherines, Welland, Niagara Falls.
- Contact them for more details about group sessions: 905-844-9813 or [EHSInfo@sosfirstaid.ca](mailto:EHSInfo@sosfirstaid.ca).