



## 3M™ Fit Test Kits

Fit-testing is a method of ensuring an initial good fit for respiratory protection. The largest contributor to reduced protection is poor fit.

It is recommended to fit-test every user to ensure that their respiratory protection will offer the required protection. Fit-testing is also a very useful teaching aid to illustrate the importance of correct fitting and daily fit-checking.

The 3M FT-10 and FT-30 Qualitative Fit Test Apparatus are designed for fit-testing any negative-pressure particulate respirator or gas and vapour respirator fitted with a particulate filter.

The initial fit-test is normally conducted at a training session when introducing new respiratory protective equipment (RPE). This test is normally only repeated if the user has a significant change in weight or facial features which may affect the fit of their RPE.

The FT-10 and FT-30 Kits follow the same test procedure using different test solutions. The FT-10 Kit uses a 'sweet' solution. The FT-30 Kit uses an alternative 'bitter' solution as some people are unable to detect the sweet solution.

It is important that users also conduct a suitable 'fit-check' each time they wear their RPE. (The fit-check is detailed on the fitting instructions).

If the user cannot achieve a satisfactory face-fit they should see their supervisor and consider an alternative form of respiratory protection.

### **FT-10/30**

The kits comprise:

- Fit Test Instruction Booklet
- Hood & Collar assembly
- Nebulisers
- Sensitivity Solution

Fit Test Solution

(Saccharin or Bittrex solutions)



3M Occupational Health & Environmental Safety  
3M United Kingdom PLC  
3M Centre  
Cain Road Bracknell  
Berkshire RG12 8HT  
Tel: 0870 60 800 60  
[www.3m.com/uk/ohes](http://www.3m.com/uk/ohes)

3M Ireland  
3M House Adelphi Centre  
Upper Georges Street  
Dun Laoghaire  
Co Dublin Ireland  
Tel: 1 800 320 500