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Applied to Life.™



Respirator Fit Testing

It's more than just products, it's knowing how to wear them that helps bring you home safely at the end of your workday.

ID 2250702
RID 2250698

Why is fit testing so important?

The biggest contributor to reduced respiratory protection is poor fit. Checking that a respirator, with a tight fitting facepiece provides an adequate seal to the wearer's face has long been considered best practice as part of a general Respiratory Protection Program.

Reflecting this, a fit test for wearers tight fitting facepieces is required for compliance to AS/NZS 1715:2009 and AS/NZS ISO 16975.3:2023. Respirators with tight fitting facepieces include disposable respirators, half and full-face respirators, including those that form part of a powered or air-fed respirator.

Fit testing should be carried out:

- Before the respirator is issued
- On all wearers of respirators with tight fitting facepieces where fit testing has previously not been performed

Fit testing should be repeated at appropriate times such as:

- If the wearer significantly loses or gains weight, has major dental work or sustains a major facial injury
- If a different size or model of Respiratory Protective Equipment (RPE) is specified
- Annually or when specified by the company policy e.g. during a health surveillance check
- Fit testing is in addition to performing a self-fit check. Prior to entering the contaminated area, at each use, the wearer should carry out a self-fit check to test the respirator fit.

There are two main methods of fit testing available:

- Qualitative fit testing (Aerosol Taste Test ATT)
- Quantitative fit testing (Ambient Aerosol Condensation Nuclei Counter (CNC) and Controlled Negative Pressure (CNP))

You can contact 3M for qualitative and quantitative fit testing advice. During both methods of testing, it is essential that the person is free from facial hair and other items that may interfere with the face seal.

Wearers with facial hair or stubble (even a day's growth) must not wear a respirator which has a tight fitting facepiece. All tests require a series of exercises to be performed during the fit test. Manufacturer's instructions for the test equipment should be followed at all times.

A record of the result of the test should be generated and retained for at least 5 years. Some schools of thought consider these records to be identifiable to an individual and related to health controls; in which case records may need to be kept for 40 years. Check with your local regulatory authorities to determine their requirements.

Tight Fitting positive pressure facepiece e.g. Full facepiece on a PAPR or Self Contained Breathing Apparatus are also required to be fit tested with a Quantitative fit test method i.e. not the FT-10/FT-30 Qualitative kits. However when being fit tested the facepiece must be converted into a negative pressure facepiece irrespective of the mode it is used in on the job.

For more information on the requirements of Fit Testing, refer to the AS/NZS 1715:2009 & AS/NZS ISO 16975-3.

3M™ Qualitative Fit Test Kits

Conduct a fit test to ensure that a respirator with a tight fitting facepiece provides an adequate seal to the wearer's face.

The 3M Qualitative Fit Test apparatus FT-10 and FT-30 are designed for fit testing disposable respirators and half face reusable respirators fitted with particulate or combination gas/vapour and particulate filters.

Features and Benefits:

- Offers a convenient method for performing qualitative fit testing
- No calibration of equipment required
- No modification of facepiece required
- Training resources available, please contact your local 3M representative for more information
- Each kit contains a hood and collar assembly, two nebulisers, sensitivity solution, test solution and detailed instructions
- Replacement solutions and accessories can be purchased separately
- Available with Sweet (FT-10) or Bitter (FT-30) solutions



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for the Why Fit
Matters video



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What respiratory protective devices require fit testing?

All tight fitting facepieces (negative and positive pressure) must be fit tested to the wearer. Positive pressure facepieces are fit tested under negative pressure mode.

Loose fitting headtops connected to a PAPR unit or supplied air regulator do not require fit testing.

AS/NZS 1715:2009 and AS/NZS ISO 16975-3:2023 recommend fit testing is to be conducted annually.



Fit testing required

Example of, but not limited to, styles and combinations that require fit testing



NOTE: Full face facepieces must be quantitatively fit tested.

QNFT Fit Test Adaptors

For reusable facepieces, different fit test adaptors are required for the different filter connection types using the quantitative fit test methodology. Some fit test adaptor examples are shown here.



Fit testing NOT required

Examples of, but not limited to, loose fitting headtops and PAPR unit/supplied air combinations that DO NOT require fit testing



Qualitative Fit Test (QLFT) Aerosol Taste Test (ATT) Kit and Accessories

- The 3M™ Qualitative Fit Test Kit is designed for fit-testing any negative pressure respirator e.g. 3M™ Disposable and Reusable Half Face Respirators.
- Each 3M™ Qualitative Fit Test Apparatus Kit contains: a laminated instruction booklet, sensitivity solution, fit test solution, two nebulisers, one hood, one collar assembly and two sets of replacement nebuliser inserts.
- 3M™ offers two Qualitative Fit Test Apparatus Kits FT-10 (Sweet) and FT-30 (Bitter). FT-10 uses a test solution of sodium saccharin that produces a sweet tasting aerosol. FT-30 uses a test solution of denatonium benzoate to produce a very bitter taste.
- Each kit is estimated to fit test approximately 150 people before replacement bottles may be required. This number will vary depending on the sensitivity and fit test solution top up sprays required for those being fit tested.
- NOT suitable to fit test full facepiece respirators



Accessories



FT-11/FT12



FT-13



FT-14



FT-15



FT-31/FT-32

SAP ID	Legacy ID	Availability		Model #	Description
		AUS	NZ		
7000001898	70070121515	•	•	FT-10	3M™ Qualitative Fit Test Apparatus FT-10, Sweet, 1 ea/Case. – Kit contains 1 x FT-11 Sweet Sensitivity Solution 55ml , 1 x FT-12 Sweet Fit Test Solution 55ml, 2 x FT-13 Nebuliser, 1 x FT-14 Hood, 1 x FT-15 Collar & laminated user instructions
7000029587	70070121457	•	•	FT-11	3M™ Sensitivity Solution FT-11, Sweet, 6 ea/Case
7100335089	AT019167397 (AUS) 70070121465 (NZ)	•	•	FT-12	3M™ Fit Test Solution FT-12, Sweet, 6 ea/Case
7000001897	70070121473	•		FT-13	3M™ Nebulizer FT-13, 3 EA/Case
7000051788	70070121481	•	•	FT-14	3M™ Test Hood FT-14, 10 ea/Case
7000051789	70070121499	•		FT-15	3M™ Collar FT-15, 1 ea/Case
7000002042	70070709640	•	•	FT-30	3M™ Qualitative Fit Test Apparatus FT-30, Bitter, 1 ea/Case. Kit contains 1 x FT- 31 Bitter Sensitivity Solution 55ml, 1 x FT-32 Bitter Fit Test Solution 55ml, 2 x FT-13 Nebuliser, 1 x FT-14 Hood, 1 x FT-15 Collar & laminated user instructions
7100004635	AT010587395 (AUS) 70070709657 (NZ)	•	•	FT-31	3M™ Sensitivity Solution FT-31, Bitter, 6 ea/Case. Red Label text.
7100004634	AT010587403 (AUS) 70070709665 (NZ)	•	•	FT-32	3M™ Fit Test Solution FT-32, Bitter, 6 ea/Case. Black label text.

Fit testing at your fingertips.

Introducing the 3M™ Wear it Right App.

The 3M™ Wear it Right App makes the task of qualitative fit testing less tedious with the tap of a button. Grab your 3M™ Fit Test Kit, download the app, and you'll be ready to experience convenient digital data recording. Test both half face reusable and disposable respirator wearers.

The app supports multiple types of fit tests and has modes for both beginner and experienced fit testers. Users follow consistent fit test protocols at every step of the process, helping to ensure accurate results.



Digital gets it done.

Streamline your fit testing program with the 3M™ Wear it Right App.

Helps fit testers and wearers follow the exact fit test protocol at every step of the process.



Compliance, confidence and convenience

The app is preloaded with OSHA & ISO QLFT-ATT fit test protocols to help ensure testing requirements are consistently met* and provides easily accessible fit testing records.



Go Paperless

Often times, the fit test process relies on paper recordkeeping. The app digitizes the fit test process, eliminating the need to track manually.



Easy Recordkeeping

The app acts as a digital data record and supports importing wearer details and exporting fit test records.

All data collected is stored locally on the specific iPad being used**.



Versatile

Tests both half facepiece reusable respirator and disposable respirator wearers.



Step-by-Step Instructions

Helps users follow fit test protocol with prompts for each step of the process to help ensure tests are performed correctly.



Training on Demand

The app provides self-guided, in-depth instructions to make it easy for new fit testers to hit the ground running while helping both testers and wearers understand why fit matters.



2 Modes, 1 App

The app has two modes—one for fit testers who need less step by step guidance and one for those who prefer more detailed guidance.



QR-WIR-IOS



[Download the app now on iOS.](#)



QR-WIR-GPL



[Download the app now on Google Play.](#)

Scan the QR code to download your free 3M™ Wear it Right App from the iOS or Google Play store.

*It is the responsibility of each user to understand the local specific fit testing standards. If any questions arise, 3M recommends users to refer to the standard as this app is not a substitute for knowledge of applicable standards and regulations.

**Should the app be deleted, or should the device be damaged beyond fixing, the collected data will be lost. 3M recommends users to routinely export the collected data, as 3M doesn't have access to local app data.

Fit Testing

Quantitative Fit Test (QNFT) Condensation Nuclei Counter (CNC) Adapters



SAP ID	Legacy ID	Availability		Model #	Description
		AUS	NZ		
7000001945	70070406544	•	•	601	3M™ Fit Test Adapter 601, 1 ea/Case. For bayonet Half facepieces - 6000, 6500QL & 7500. Full facepieces - 6000 & FF-400
7100181558	UU009620905	•	•	HF-800-03	3M™ Secure Click™ Quantitative Fit Test Adapter Kit HF-800-03, 1 EA/Case
7100265593	70071765724	•	•	FF-800-06	3M™ Secure Click™ Quantitative Fit Test Adapter Kit FF-800-06, 1 ea/Case
7100265515	UU011580360	•	•	SC-6611	3M™ Fit Test Adapter SC-6611, DIN-40, 1 ea/Case
7012926978	XP100100492	•	•	2003468	3M™ Scott™ Fit Test Adaptor for QF SCBA Face Masks 2003468



3M™ Bayonet Facepieces



Click or Scan for 601 User Instructions



3M™ Secure Click™ HF-800SD Half Facepiece



Click or Scan for HF-800-03 Installation Video



3M™ Secure Click™ FF-800 Full Facepiece



Click or Scan for FF-800-06 Installation Video



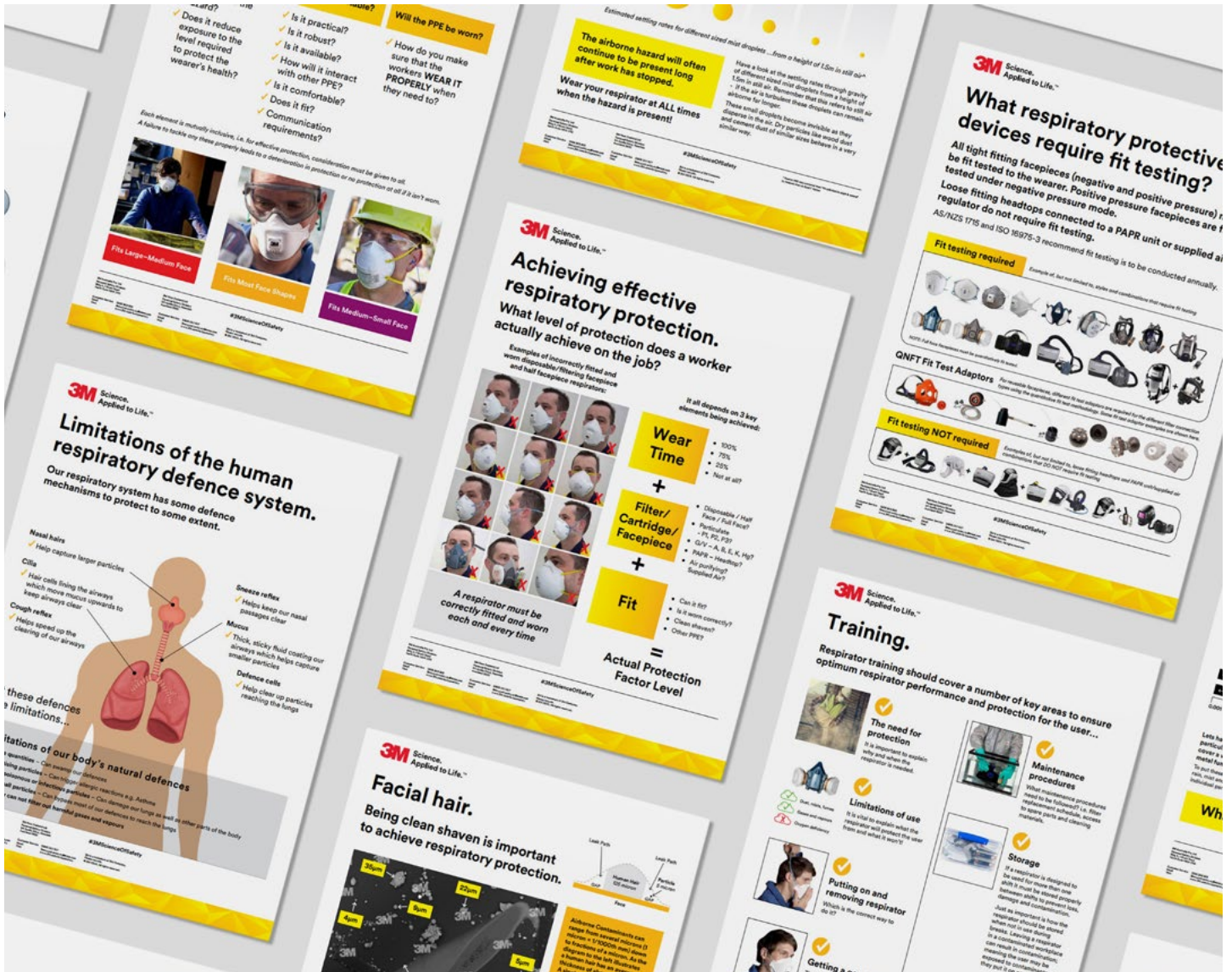
3M™ DT-Series Full Facepieces



3M™ Scott™ Fire & Safety Positive Pressure Facepieces



Click or Scan for 2003468 & Promask PP Installation Guide



Scan or click to download 3M ANZ Fit Tester posters Set of 11



3M Australia are proud to be an official supporter of the Australian Institute of Occupational Hygienists (AIOH) RESP-FIT respirator fit testing training and accreditation program. RESP-FIT main objective is to improve respirator fit tester competencies in Australia. They have developed a training course syllabus that training providers can develop their course against. They have also developed an accreditation process for fit testers to go through as an external assessment process as evidence of their competence. They also list fit test service providers who employ accredited fit testers. Visit www.respfit.org.au for further information.



3M NZ supports the New Zealand Occupational Hygiene Society (NZOHS) Commit2Fit respirator fit testing training and competency scheme. Commit2Fit aims to increase the number of fit testers and to ensure a minimum level of competency is achieved so fit testing is correct and reliable. Visit www.nzohs.org.nz/commit2fit/ for further information





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