# A Guide to 3M Qualitative Fit Testing

**3M™ FT-10(sweet) and 3M™ FT-30 (bitter) fit test kits are suitable for disposable respirators and half face masks fitted with particulate or combination filters.**

Reusable Half Masks

Disposable Particulate Respirators ("Dust Masks")

Wearers must be **CLEAN SHAVEN** to get a good fit with a respirator.

Please note that in order to carry out a full fit test, ALL the steps detailed below must be followed (Parts 1+2).

## The "Taste" Test

### Part 1 - The Sensitivity Test

1. Add 1/2 teaspoon of sensitivity solution (in red labelled bottle) into the sensitivity nebuliser (marked in red).
2. Put test hood on person.
3. Ask person to breathe through their mouth with their tongue at the front and ask them to indicate immediately when they taste solution.
4. Slowly squeeze solution into the hood and count the number of squeezes it takes for the solution to be tasted.
5. Ask the person to take a drink of water and wait 10 minutes, making sure that they wipe their lips to remove any traces of solution.

**Stop the test if:** solution is not tasted after 30 squeezes. Try an alternative solution:-

| | |
|---|---|
| ***Sweet taste*** | 3M FT11 (sensitivity solution), 3M FT12 (test solution) |
| ***Bitter taste*** | 3M FT31 (sensitivity solution), 3M FT32 (test solution) |

### Part 2 - The Fit Test

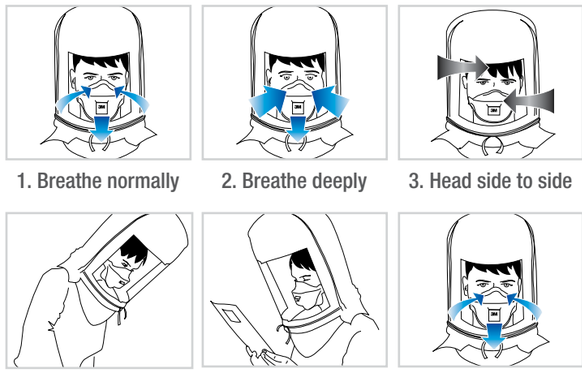
1. Add 1/2 teaspoon of test solution **(in black labelled bottle)** into the test nebuliser **(marked in black).**
2. Make sure respirator is fitted correctly. Refer to 3M fitting instructions or posters for correct procedure.
3. Put test hood on person.
4. Introduce solution in an "initial dose" and start the exercises. Add a "top-up" dose after every 30 seconds as per below:-

| Number of Squeezes needed in part 1 | Number of Squeezes for Initial Dose | Number of Squeezes for "top-up" dose every 30 seconds |
|---|---|---|
| 1-10 | 10 | 5 |
| 11-20 | 20 | 10 |
| 21-30 | 30 | 15 |

5. After the initial dose, ask the person to carry out the 7 exercises shown in turn for 1 minute each and indicate immediately if solution is tasted. Remember to add "top-up" dose every 30 seconds.
6. **Record results:–**
   If solution is not tasted after all 7 exercises, they have passed the test with that respirator. If solution is tasted, STOP test, clean mouth, face and hands, refit respirator and start Part 2 of test again.

   If solution is still tasted on the second attempt, stop the test, clean hands, mouth and face, and try an alternative 3M respirator, starting Part 2 of the test again.
7. In the event of another failure, please call the 3M Health and Safety Helpline on 0870 60 800 60 (UK) or 1 800 320 500 (Ireland)

**7 Exercises**



1. Breathe normally
2. Breathe deeply
3. Head side to side
4. Head up and down
5. Bend over at waist
6. Talking
7. Breathe normally

For further information or advice on correct selection and use of 3M PPE please call the 3M Health & Safety Helpline:

0870 60 800 60 (UK) • 1 800 320 500 (Republic of Ireland)
ohes.helpline.uk@mmm.com • www.3M.com/uk/ohes

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