

# Guide to 3M qualitative fit testing.



Reusable half masks



Filtering facepiece respirators

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

## The taste test

### Part one: the sensitivity test

- 1 Add half a 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 until the taste has cleared, 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:**

<b>Sweet taste</b>	3M FT 11 (Sensitivity solution) 3M FT12 (Fit test solution)
<b>Bitter taste</b>	3M FT 31 (Sensitivity solution) 3M FT32 (Fit test solution)

**!** Wearers must be clean shaven to get a good fit with a respirator for the fit test and every time the respirator is worn.

**!** Please note that in order to carry out a full fit test, all the steps detailed below must be followed (parts one and two).

### Part two: the fit test

- 1 Add half a teaspoon of the fit test solution (in black labelled bottle) into the sensitivity nebuliser (marked in black).
- 2 Make sure respirator is fitted correctly. Refer to 3M fitting instructions or posters for correct procedure. Please ensure any other headworn PPE required by the wearer is worn during the fit test.
- 3 Put test hood on person.
- 4 Introduce solution in an 'initial dose' and start the exercises.

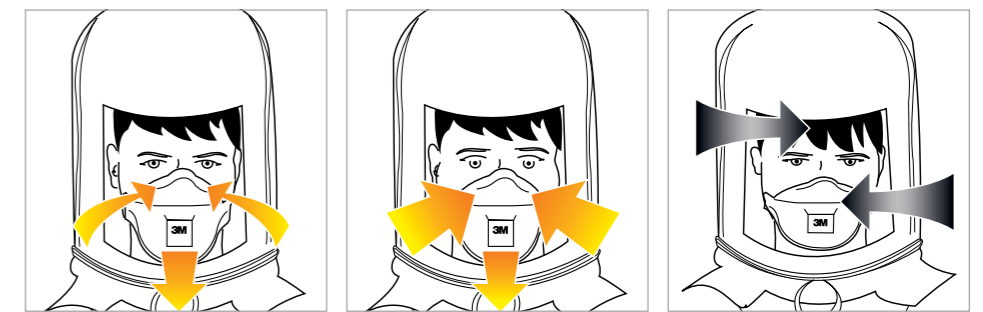
Number of squeezes needed in part one	Number of squeezes needed for initial dose	Number of squeezes for 'top-up' dose every 30 seconds
1-10	10	5
11-20	20	10
21-30	30	15

Add a 'top-up' dose after every 30 seconds as per below:

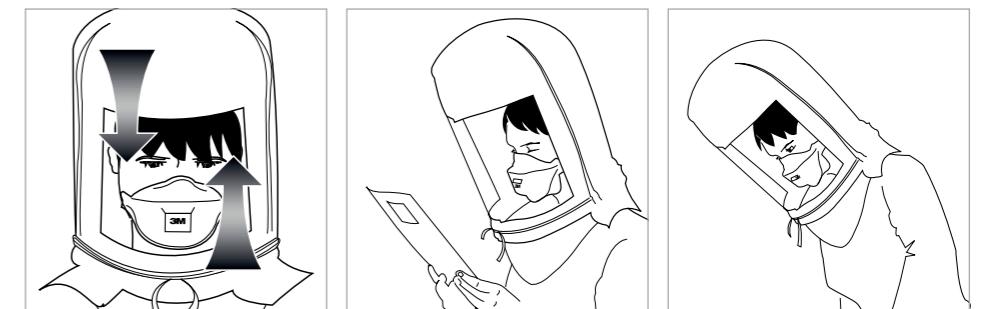
- 5 After the initial dose, ask the person to carry out the seven exercises shown in the images to the right for one minute and indicate immediately if solution is tasted. Remember to add 'top-up' dose every 30 seconds.
- 6 **Record results**  
If solution is not tasted after all seven exercises, they have passed the test with that respirator. If solution is tasted, **stop test**, clean mouth, face and hands, refit respirator and start part one of the test again.  
  
If solution is still tasted on the second attempt, **stop test**, clean hands, mouth and face, and try another face fit test with an alternative 3M respirator.

**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).**

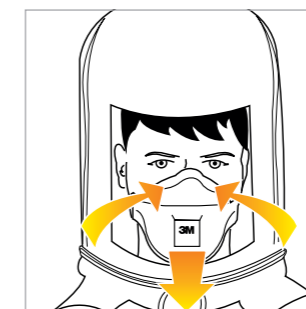
### The seven exercises



1 Breathe normally. 2 Breathe deeply. 3 Head side-to-side.



4 Head up-and-down. 5 Talking. 6 Bend over at waist.



7 Breathe normally.

For 3M fit testing support tools visit  
[3M.co.uk/fittestrespirator](https://3m.co.uk/fittestrespirator)  
[@3M\\_UK\\_Safety](https://twitter.com/3M_UK_Safety)

For further information or advice on correct selection and use of 3M PPE, call 3M Personal Safety Division on 0870 60 800 60 (UK) and 1 800 320 500 (Ireland) or visit [3M.co.uk/safety](https://3m.co.uk/safety)