



RESP-FIT® Accreditation Practical Video Checklist

This checklist covers all the elements required to be covered in the practical video submitted as part of Stage 2 of the RESP-FIT Accreditation assessment process. This document can also be used as a prompter in the video to ensure all elements are addressed. This information is taken from Section 6.3 of the accreditation Applicant handbook. Video duration is to be a **maximum of 30 minutes**. Videos over 30 minutes may not be accepted and a new video will be required to be resubmitted that is 30 minutes or less for assessment. Be concise and direct to address each of the required elements. Refer to end of this document for other requirements from the Applicant Handbook v4 to be aware of when preparing and submitting your video.

For all methodologies the applicant shall for the methodology being performed:

1. Methodology Operation & Capabilities

- 1.1 Explain the principle of operation of the fit test method
- 1.2 Explain the capabilities and limitations of the fit-test method.
- 1.3 List the types of respirators that can and cannot/should not be fit tested using this methodology
- 1.4 Explain how often and when a respirator fit test should be undertaken

2. Fit Test Location

- 2.1 Discuss considerations for potential fit test locations/facilities for fit testing are suitable for the methodology

3. Fit Test Equipment Set Up

- 3.1 Set up the fit test equipment and perform the necessary preliminary checks and actions required prior to performing a fit test.

4. Respirator Inspection

- 4.1 Examine a disposable and a reusable respirator (Half face and/or Full Face) and give examples of any potential faults or issues that may cause a fit test failure or reduce the expected protection on the job
- 4.2 Give examples of what steps would be taken if faults were identified with the respirator?
- 4.3 Explain what facepieces are acceptable for use for a fit test i.e individually issued? Surrogate respirator? Other type?

5. Methodology Challenge Agent

- 5.1 Explain what type of filters will be used for the fit test and why

6. Preparation of the Respirator for the Fit Test

- 6.1 Demonstrate preparing a disposable and a reusable/s respirator for the fit test per the selected methodology
- 6.2 Explain how a tight-fitting positive pressure respirator is fit tested

7. Fit Test Subject Evaluation



- 7.1 Evaluate that the person who you will be fit testing has presented themselves and any other criteria when evaluating a fit test subject required before undertaking
- 7.2 Advise under what circumstances you would refuse to conduct a fit test on a person.
- 8. Pre-Fit Test Exercise Requirements**
 - 8.1 Explain to the fit test subject the purpose of fit testing, the fit test exercises, comfort assessment period and how the fit test exercises will be performed
 - 8.2 Provide instruction on a) how to correctly don a disposable and reusable (half face and full face) respirator and b) how to conduct a user seal check on all donned respirators.
 - 8.3 Explain a) requirement/s for the final donning b) when the fit test may be stopped by the operator mid test and c) other PPE requirements during fit testing
 - 8.4 Explain how many times you would fit test the same style/brand/size of respirator that is not passing before trying a different style/brand/size on the fit test subject?
- 9. Fit Test Screening & Exercise procedure**
 - 9.1 Carry out a complete fit test using the method (for which you are being assessed which must include any:
 - a) Pre fit test exercise screening requirements (if applicable)
 - b) Fit test exercise procedure and timings
 - c) Requirements of the fit test operator throughout the fit test exercises
- 10. Equipment Check & Trouble Shooting**
 - 10.1 Explain equipment checks to be undertaken before, during and between fit tests.
 - 10.2 Troubleshoot common potential issues that may occur with fit test equipment.
- 11. Work Health & Safety and Hygiene**
 - 11.1 Explain any Work Health & Safety and hygiene considerations before, during and after conducting the fit test.
 - 11.2 Explain any equipment and respirator cleaning and disinfection requirements.
- 12. Fit Test Outcome & Result**
 - 12.1 Explain the outcome of the fit test and meaning of the result to the fit test subject
- 13. Fit Test Record**
 - 13.1 Explain making a record of the fit test result and explain what information should be recorded on the fit test record as a minimum.
- 14. Post Fit Test Actions**
 - 14.1 Undertake any appropriate post-test and end of day actions (including any equipment cleaning & maintenance requirements), depending on the results of the fit test.
 - 14.2 Explain any actions to be taken regarding any disposable and reusable respirators used in the fit test before returning to use in the workplace
- 15. Methodology Specific Information (Only cover information below for the methodology you are undertaking in the video recording)**
 - 15.1 QLFT - ATT Specifics. The applicant shall explain:
 - a) What fit factor a QLFT-ATT is equivalent to?
 - b) Explain the difference between the sensitivity solution and the test solution
 - c) The impact of eating, drinking, smoking or chewing gum prior to a test
 - d) Steps to take in the event of a failed fit test



- 15.2 QNFT – CNC Specifics. The applicant shall explain/demonstrate actions to take in the event of or explain impact of:
- a) Explain and demonstrate the correct probe location of one (1) Full Face Mask, one (1) half mask and one (1) filtering face piece for the fit test. Subsequently, one of these masks will be selected for use during the assessment of the practical face fit test.
 - b) Fit factors over 100,000
 - c) Low and high ambient particle count impact on the fit test outcome
 - d) Low alcohol level
 - e) Maintenance and service requirements of a CNC machine
 - f) When to select <99% filtering efficiency option when setting a respirator in the CNC machine
 - g) Required fit factor pass level for a disposable, half and full-face respirator
 - h) Impact of smoking prior to a test may have on the fit test outcome
 - i) Discuss how many exercises must pass to be deemed a overall pass per the protocol and discuss RESP-FIT best practice recommendations
 - j) Use and location of a particle generator
- 15.3 QNFT – CNP Specifics. The applicant shall explain/demonstrate actions to take in the event of or explain impact of:
- a) Demonstrate connecting an adaptor for one (1) Full Face and one (1) half face respirator for the fit test. Subsequently, one of these masks will be selected for use during the assessment of the practical face fit test.
 - b) What does it indicate if the pressure fails to reach the required challenge pressure?
 - c) What does it indicate if the pressure reaches the required challenge pressure and maintains but fails the test?
 - d) What would an erratic or jerky graph movement during the fit test indicate?
 - e) What is the inspiratory flow rate (modelled breathing rate) recommended for fit testing?
 - f) Fit factor pass level used in the test for half and full face respirator

Submitting Completed Videos

Content is required to be covered in order of the instructions below. Videos can be clipped together provided it is in order. Minimal text can be overlaid to address gaps that may have been missed, provided it is in order.

For applicants submitting videos for multiple methodologies, all content must be covered in each methodology video. Each of the videos are allocated to different assessors for each of the different methodologies and they will not see any content from a different methodology video.

Completed videos must be no longer than thirty (30) minutes and due within 3 Months of exam. The applicant is to provide a YouTube link (preferably an unlisted YouTube link) of the completed video. This is to be submitted via Examsoft. Refer to the [ExamSoft Visual Access Guide](#) (found on the [RESP-FIT documents page](#)) for instructions on how to upload the video link.

Multiple YouTube links will not be accepted and there must be one link for each methodology application.



If a practical video is not submitted within the three (3) months due date, this period may be extended by an additional 3 months. This can be done by paying a video extension fee of \$100 ex GST. If due videos are not submitted within the additional three (3) months making it a total of six (6) months since receiving the exam results. The theory exam must be undertaken again (at a cost of \$200 ex gst to the applicant) before any practical videos will be accepted to be assessed for accreditation.

If there are extenuating circumstances, for why a video is not able to be submitted within the due, please email respfite@aioh.org.au with any extenuating circumstances for consideration on compassionate grounds.

Should you have any questions, please email respfite@aioh.org.au

Good luck with your video recording and submission.

Version: v2

Document Number: AIOH-RESPFIT-10