



RESP-FIT® Accreditation Practical Video Checklist

This checklist covers the required elements to be covered in the practical video submitted as part of Stage 2 of the RESP-FIT Accreditation assessment process. This document, taken from Section 6.3 of the accreditation Applicant handbook, may also be used as a prompter in the video to ensure all elements are addressed.

- Video duration is to be a **maximum of 35 minutes**. Videos over 35 minutes will not be accepted and a new submission of less than 35 minutes will be required.
- A demonstration of a full fit test on an individual (not on yourself) must be performed on the video. Video footage must not be sped up or parts of the exercises skipped (via editing) to meet the time requirements.
- The video should be recorded as though explaining/training someone to conduct fit testing as opposed to only performing a fit test.

Please refer to the 'Video Submission Tips' and 'Submitting Completed Videos' sections of this document for other requirements and tips (taken from the Applicant Handbook) to assist you when preparing and recording your video.

- Applicants must demonstrate the [OSHA 1910-134 protocols](#) (as detailed below for each methodology) in the video:
 - QLFT-ATT – OSHA Saccharin Solution Aerosol Protocol or Bitrex (Denatonium Benzoate) Solution Aerosol Protocol
 - QNFT-CNC – OSHA Ambient aerosol condensation nuclei counter (CNC) quantitative fit testing protocol (8 exercises)
 - QNFT-CNP – OSHA Controlled negative pressure (CNP) REDON quantitative fit testing protocol

These protocols have been selected for consistency of assessment. RESP-FIT does not recommend one protocol over another, and an accredited fit tester may be required (or choose) to perform other compliant protocols.

- **NOTE: For the CNC methodology, we do not accept the OSHA modified 4 exercise protocol. If you do submit a video of the OSHA modified 4 exercise protocol, you will be required to resubmit a new video with the correct protocol conducted.**

For each assessed method, the practical video will cover the following criteria:

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 be fit tested using this methodology
- 1.4 Explain when and how often a respirator fit test should be undertaken

2. Fit Test Location Setup & Risk Evaluation

- 2.1 Explain the specific considerations required to ensure potential fit test locations/facilities are suitable for the fit testing methodology
- 2.2 Explain any health & safety risk factors that need to be addressed before, during and after the fit test

3. Fit Test Equipment Set Up

- 3.1 Demonstrate or describe in detail the setting up of the fit test equipment and the necessary daily checks



- 3.2 Explain the minimum fit factors required for the different types of respiratory protection suitable for that methodology
- 4. Respirator Inspection**
 - 4.1 Demonstrate an examination of a a) disposable and b) reusable respirator (Half face or Full Face) and give examples of any potential faults or issues
 - 4.2 Explain what steps would be taken if faults were identified with the respirator
- 5. Methodology Challenge Agent**
 - 5.1 Explain selection of appropriate filters used for the fit test required for the methodology and why
- 6. Preparation of the Respirator for the Fit Test**
 - 6.1 Demonstrate respirator preparation for a a) disposable and b) a half and/or full face reusable respirator for the fit test per the methodology. If preparation of a full face reusable respirator is all not demonstrated, the process must be described
 - 6.2 Explain how a tight-fitting positive pressure respirator is fit tested
- 7. Fit Test Subject Evaluation**
 - 7.1 Describe the factors that need to be assessed to determine a subject's suitability to undergo respirator fit testing. Evaluate whether the subject has presented themselves suitable for a fit test and explain why or why not
 - 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 subject the purpose of fit testing, any other head-worn PPE requirements during fit testing, the comfort assessment period and how the fit test exercises, will be performed

Provide instruction to the subject on how to correctly don and conduct a user seal on the respirator being fit tested (disposable or reusable half/full face). Demonstrate how to don and conduct a user seal check on one other type. That is, if you fit test on a disposable, then also demonstrate the above on a half face or full face reusable (or the reverse)
 - 8.2 Explain requirement/s for the final donning, and when the fit test may be stopped by the operator mid test
 - 8.3 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 and explain a complete fit test using the method (for which you are being assessed) and 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, and at the end of the fit test exercises
- 10. Equipment Check & Trouble Shooting**
 - 10.1 Explain potential respirator related causes of fit test failures
 - 10.2 Explain fit testing equipment checks to be undertaken before, during and after a fit test
 - 10.3 Explain common potential issues that may occur with fit test equipment per the methodology and how to resolve them.



11. Fit Test Outcome & Result

- 11.1 Explain the outcome of the fit test and recommendations to the fit test subject depending on the results of the fit test and explain the meaning of the result

12. Fit Test Record

- 12.1 Outline how to make a record of the fit test result and explain what information should be recorded on the fit test record as a minimum

13. Post Fit Test Actions

- 13.1 Describe appropriate post-testing actions regarding RPE, testing location and fit testing equipment cleaning and maintenance requirements
- 13.2 Explain any actions to be taken regarding any disposable and reusable respirators used in the fit test before returning to use in the workplace

In addition to the above requirements, methodology specific elements must also be covered in the video as detailed below in the sections below.

QLFT – ATT Methodology Specifics

The applicant shall explain:

- a) What the fit factor that a QLFT-ATT methodology is equivalent to
- b) The difference in concentration between the sensitivity solution and the test solution
- c) The impact of eating, drinking, smoking or chewing gum prior to a fit test
- d) Steps to take in the event of a failed fit test

QNFT-CNC Methodology Specifics

The applicant shall explain or demonstrate:

- a) The correct probe location on one (1) reusable Full Face, one (1) reusable half face and one (1) disposable respirator (both valved and unvalved)
- b) Maintenance and service requirements of a CNC machine
- c) When and why to select <99% filtering efficiency option when setting up a respirator in the CNC machine
- d) Use and location of a particle generator
- e) Required minimum fit factor pass level for a disposable, half and full face respirator
- f) How many exercises must pass to be deemed an overall pass per the protocol and discuss RESP-FIT best practice recommendations

The applicant shall explain the implications or impact of:

- a) Fit factors over 100,000
- b) Low alcohol level
- c) Smoking prior to a test on the fit test outcome

QNFT-CNP Methodology Specifics

The applicant shall:

- a) Demonstrate connecting an adaptor for one (1) reusable full face and one (1) reusable half face for the fit test.
- b) Explain what is indicated if the pressure fails to reach the required challenge pressure



- c) Explain what is indicated if the pressure reaches the required challenge pressure and maintains but fails the test
- d) Explain what is indicated by an erratic or jerky graph movement during the fit test
- e) Explain the recommended inspiratory flow rate (modelled breathing rate) for fit testing
- f) Explain the required minimum fit factor pass level for a half face and full face respirator
- g) Explain the maintenance and service requirements of a CNP machine

Video Submission Tips

- i. Fit test your subject as though a new wearer of RPE with no prior knowledge. Do not demonstrate a fit test on yourself.
- ii. Be sure to keep to the 35-minute video maximum time limit. If the video submission is greater than 35 minutes, you will be required to resubmit a video that is 35 minutes or less. You can edit your footage together to help you keep to this time limit, but the footage must not be sped up.
- iii. Use the whole 35 minutes to talk, explain, demonstrate etc. the required information. You can use the time during the fit test exercises to explain other points. If your video length is well under the 35 minutes, it is unlikely that you have covered all the required information or have not provided enough detail
- iv. Be prepared. Read the OSHA protocol for your methodology so you are familiar with all the requirements to demonstrate competence
- v. Ensure all work is visible in the video (i.e. if you are demonstrating the use of equipment, ensure that equipment is in the frame of the video)
- vi. Talk facing the camera where possible
- vii. Speak clearly and record appropriately to ensure all information can be heard and understood (e.g. if you have a particle generator on, please do NOT place it close to the camera, or it will cover your voice). Check the recording for sound quality before submission.
- viii. Before submission, check your video against the provided checklist to ensure all requirements are met and information is covered. If you miss a section, you will automatically be required to submit a supplementary video
- ix. You may refer to this checklist or a prompter sheet during the fit test to ensure all elements are covered but you must not read directly from this or a script. You may glance to your notes/prompter to make sure you keep on track and ensure you do not miss any of the required information; **however, you MUST NOT fully read off your notes, computer, off screen monitor or similar** as this does not demonstrate your competence. If you do read excessively off any notes/prompter you will be required to re-submit a full video. The requirement to avoid reading directly from a pre-prepared script also applies to supplementary video submissions.
- x. For several elements, you are required to demonstrate on different types of respirators (that is, disposable, half face and full face). If in your current workplace/role you do not use/have one of these styles, that does not mean you do not have to cover it in the video. An accredited fit tester needs to demonstrate knowledge on all types as foundational knowledge
- xi. Show the entirety of fit test exercises in your video. Do not cut the exercises down or out completely. A key part of the video assessment is the observation of the subject by the fit tester
- xii. For the CNC methodology, you must not use the OSHA modified 4 exercise protocol. For any video submissions with the OSHA modified 4 exercise protocol, a new video submission with the correct protocol will be required.



Submitting Completed Videos

Content is required to be covered in order of the instructions below. Videos can be edited together provided the content is in the correct order. Minimal text can be overlaid to address gaps that may have been missed, provided it is inserted in the appropriate section. If excessive text is used, a supplementary video requiring explanation or demonstration of these sections may be required.

For applicants submitting videos for multiple methodologies, all required content must be covered in each methodology video. Each video may be allocated to a different assessor and therefore only the content in the allocated video will be viewed.

Completed videos must be no longer than thirty five (35) minutes and are due within 3 months of successful completion of the exam. The applicant is to provide an unlisted YouTube link of the completed video. This is to be emailed to respfit@aioh.org.au. A combined YouTube link 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) month period, the date may be extended by an additional 3 months, upon application and payment of a video extension fee of \$100 ex GST. If videos are not submitted by the end of extended three (3) month period (i.e. total of six (6) months from receiving a successful exam result), then the theory exam must be resat (at a cost of \$200 ex gst to the applicant) before a video will be accepted for accreditation assessment.

If there are extenuating circumstances for non-submission of a video within the above timeframes, please email respfit@aioh.org.au prior to the due date with the details for consideration on compassionate grounds.

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

Good luck with your video recording and submission.

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