



RESP-FIT® Accreditation

Stage 1 – Exam Preparation

RESP-FIT have developed an assessment process against AS/NZS ISO 16975-3:2023 Section 5 and AS/NZS 1715:2009 for individuals to be able to be deemed competent and use the designation of “RESP-FIT Accredited Fit Tester” for a nominated methodology by the AIOH. The accreditation process involves two (2) stages as below

- Stage 1 - Online Exam
- Stage 2 – Practical Assessment by Video

Refer to the [Accreditation Application Handbook](#) for a detailed overview of the Accreditation process.

1.1 Stage 1 Overview

Stage 1 is a timed theory assessment (1 Hour) based on AS/NZS 1715, OSHA 1910.134, and ISO 16975-3, covering theory for all 3 methodologies currently assessed under the RESP-FIT Program. The exam is closed book, with no resources allowed. The aim is to ensure that individuals have the appropriate underlying knowledge to conduct RPE Fit Testing competently. The online exam sessions are recorded and reviewed by an examination officer and RESP-FIT.

The one (1) hour timed exam has sixty (60) multiple choice and/or True/False questions. It is important to read the questions properly. Multiple choice questions are a mix between single answer choice or “select all that apply” answers. If a question states, “Select all that apply”, there is more than one (1) correct response. Some multiple-choice “select all that apply” questions require all correct responses selected to receive a mark, while for other multiple-choice “select all that apply” questions, partial marks will apply. There are no short answer questions.

The online exam covers general knowledge requirements in the following areas:

- Respiratory hazards (AS/NZS 1715 Section 3);
- Human Respiratory defence system (AS/NZS 1715 Section 3);
- Respiratory Protection Program elements (AS/NZS 1715 Section 2 & Appendix D);
- Respiratory Protection Devices – Types, Selection, Limitations, Filters & Maintenance (AS/NZS 1715 Section 4, 5 & 9);
- Purpose of fit testing (ISO 16975-3 Section 4);
- Fit testing Procedures (OSHA 1910-134 & ISO 16975-3 Section 6 & 8);
- Capabilities and limitations of each fit testing methodology; and
- Health & safety hazards associated with fit testing

The RESP-FIT Competent Person criteria Section 1.0 to 4.0 address the specific knowledge elements to be demonstrated in the online exam, whereas detailed knowledge of the specific methodologies is determined during Stage 2 Practical video assessment.

RESP-FIT supports that competent respirator fit testing requires general knowledge of the human respiratory system, respiratory protection programs and respiratory protective device selection in addition to the knowledge of how to conduct a respirator fit test and/or operate the fit test equipment.

All candidates, regardless of which Fit Test method they wish to become accredited for, must successfully pass this examination before moving on to Stage 2.



The pass mark is 80% for the theoretical assessment.

RESP-FIT aim to provide exam results within two (2) weeks of completing the exam.

For each additional attempt of the online exam, there is \$200 ex GST re-sit fee.

Exams are pre-scheduled monthly on set dates (the 3rd Friday of the month) throughout the year (February to November) which can be found at <https://respfite.org.au/become-an-accredited-fit-tester/> Applications must be made at least 7 days prior to the scheduled exam date.

1.2 Online Exam Knowledge Requirements

This document is intended to help potential applicants prepare or assess if they are ready to apply for accreditation and undertake the stage 1 online exam. Below are the RESP-FIT competency elements that potential applicants should be able to demonstrate to have a reasonable expectation of passing the theory exam. Exam questions are mapped back to these elements to ensure that the required knowledge has been demonstrated.

1.0	Knowledge of Human Physiology & Respiratory Hazard Identification - AS/NZS 1715 Section 3
Fit-test operators shall demonstrate a general knowledge of respiratory hazards that may be found in the workplace and the human respiratory defense system by:	
1.1	Explaining the routes of entry
1.2	Explaining the human respiratory system and defense mechanism
1.3	Explaining the health effects of airborne contaminants
1.4	Explaining potential respiratory hazards in the workplace
1.5	Demonstrate an understanding of the hierarchy of control and different control strategies

2.0	Knowledge of Respiratory Protection Program (RPP) requirements - AS/NZS 1715 Section 2 & Appendix D
Fit-test operators shall demonstrate a general knowledge of the RPP elements and role of fit testing within the program by:	
2.1	Explaining when RPE is required to be worn in the workplace that an RPP is required
2.2	Explaining the RPP elements and the role of fit testing with the RPP

3.0	Knowledge of RPD used for the fit test (AS/NZS ISO 16975.3:2023 Section 5.2.2)
Fit-test operators shall demonstrate a general knowledge of RPD used by the wearer in the workplace by:	
3.1	basic understanding of the selection factors of adequate and suitable RPD (AS/NZS 1715 Section 4 & 5)
3.2	identifying RPD components and their functions;
3.3	demonstrating RPD inspection, cleaning, and maintenance procedures; (AS/NZS 1715 Section 9)
3.4	identifying different makes, models, styles, and size RPD as alternatives;
3.5	discussing RPD capabilities and limitations as related to RPD fit testing;
3.6	demonstrating and evaluating correct donning and doffing procedures including wearer-seal checks.



4.0	Knowledge of the Fit Test Method (AS/NZS ISO 16975.3:2023 Section 5.2.3)
Fit-test operators shall demonstrate knowledge and application of the fit-test method(s) being used by:	
4.1	explaining the purpose of fit testing; (AS/NZS ISO 16975.3:2023 Section 4)
4.2	explaining fit-testing procedures; (AS/NZS ISO 16975.3:2023 Section 6 & 8)
4.3	explaining the capabilities and limitations of the fit-test method;
4.4	identifying indications of erroneous fit-test results (e.g. quantitative fit factors that are unusually low or high);
4.5	demonstrating knowledge of the health and safety hazards associated with the chemicals and/or equipment used in the fit test.

1.3 Frequently Asked Questions

Do I need to attend an approved RESP-FIT course prior to accreditation?

No, it is NOT a mandatory pre-requisite to have completed an approved RESP-FIT course prior to accreditation. RESP-FIT acknowledges there are many ways that someone can gain knowledge and experience from workplace experience, supervision, mentoring, self-study, internal company training etc. The RESP-FIT training course syllabus learning outcomes have been mapped to align with the expected knowledge and content to be demonstrated in the accreditation process. If someone is new to the world of respiratory protection and respirator fit testing, it is recommended to attend an approved RESP-FIT course as it will provide a good starting knowledge foundation to build upon. If someone is unsure if they have the knowledge and skills to go through accreditation, it is also recommended to attend an approved course to gauge their knowledge, or as a refresher and potentially fill in any knowledge gaps.

I have attended an approved RESP-FIT course, how soon can I apply for accreditation and sit the exam?

Anyone can apply for accreditation at any time. However, we recommend only applying when you believe you have the appropriate skills and knowledge backed up with practical experience. This may be not long after your course or quite a while.

Does RESP-FIT provide any training/study materials?

No, RESP-FIT does not provide any specific training/study materials. The content assessed through the accreditation process is based on current available Australian Standards (AS/NZS 1715:2009), OSHA 1910.134 Appendix A Fit test protocols and AS/NZS ISO 16975.3:2023. RESP-FIT provides references to the different sections in these documents in the competent person criteria (as above in this document). It is also recommended for applicants to read the RESP-FIT website FAQs as this also covers information that may also be asked in the theory exam.

Does RESP-FIT have any practice questions available?

No, RESP-FIT does not provide any practice questions. The questions are based on the information in the listed standards that applicants should be familiar with.



Is the exam hard to pass?

The perceived level of difficulty of the exam will very much depend on an applicant's knowledge and experience in Respiratory Protection. One (1) hour is allocated to complete the exam and applicants generally take between 30 and 60 minutes to complete and review their responses. If you are unsure about your readiness to take the exam, talk to a RESP-FIT Accredited Fit Tester and their exam experience. Read and review the referenced standards and section as part of your preparation. You are also welcome to contact RESP-FIT on respfite@aioh.org.au if you have any specific questions.

Do I need to be an Occupational Hygienist or Safety Professional to be a fit tester or go through RESP-FIT accreditation?

No, you do NOT need to be an Occupational Hygienist or Safety Professional to be a fit tester or go through RESP-FIT accreditation. Historically, many Occupational Hygienists have conducted respirator fit testing and have been responsible for respiratory protection programs as part of their responsibilities as these are closely connected with Health and Safety controls and verification of those controls. Across many industries, inconsistencies were observed around the competence level and knowledge to be demonstrated for fit testers. One of RESP-FIT's objectives is to provide a consistent benchmark for industries and workplaces aligned to AS/NZS ISO 16975.3:2023 which details internationally accepted criteria of knowledge and ability for respirator fit testers. It also is for applicants to be able to demonstrate an understanding of the background and importance of these requirements. The RESP-FIT accreditation process seeks to gather evidence specific to these criteria to deem competence in a consistent manner. No matter an applicant's background or qualifications in other areas, the assessment process and criteria are the same for everyone.

Is it a legal requirement to be accredited?

No, it is not a legal requirement to be an accredited fit tester. However, PCBU's/Employers do have a legal requirement under WHS/OHS law to provide a working environment that is safe and free of risk to health, as far as reasonably practical. There are specific legal obligations that must be met when providing personal protective equipment (PPE), such as tight-fitting respirators, which include ensuring that it is a suitable size, fit and reasonably comfortable. Guidance on this is provided in AS/NZS 1715 which discusses respirator fit testing (for tight-fitting respirators) as part of a complete respiratory protective program (RPP) and is an accepted way to meet the legal obligations with regard to the supply of suitable and properly fitted respiratory protective equipment (RPE).

Engaging a RESP-FIT Accredited Fit Tester to conduct respirator fit testing, PCBU's/Employers can be confident they are implementing industry recognised best practice when it comes to the accepted and consistent demonstration of respirator fit tester competence.

Whoever is conducting respirator fit testing, needs to be competent to do so with demonstrated evidence for regulators and the company's own internal standards.

Why is it \$200 (ex gst) for an exam re-sit?

RESP-FIT is charged by the system provider per exam attempt whether it is a pass or fail. The accreditation costs include one exam attempt; therefore, if an exam re-sit is required there is an additional cost. This is also why we only recommend applying for accreditation when a person feels they are ready and not to rush to do it if you are still building knowledge and experience. It can become a costly undertaking if multiple exam attempts are required.



What if I only work with one style of respirator and not much experience with other types. Will this give me enough experience to pass the exam?

This is a commonly asked question from those in healthcare who often only fit test disposable/filtering facepieces and have limited exposure to reusable half-face or full-face respirators. Whether fit testing one or many different types, the same underlying principles of respiratory protection and selection apply.

There is only one exam regardless of which methodologies you choose to apply for or whether you fit test one or many different styles.

However, for the Stage 2 Practical video assessment you will be required to demonstrate or 'describe in detail' aspects of different styles, regardless of which respirator type you commonly work with, so some practical experience is recommended.

If I want to apply for one (1) methodology, and then apply for an additional methodology later on, do I need to re-do the exam again?

No, you are only required to sit the exam once every three years to keep your accreditation current. After completing accreditation for a methodology, you can choose to add an additional methodology at any time via the member login. However, a separate Stage 2 Practical video assessment is required to be submitted for each different methodology selected.

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

Good luck with exam preparation.

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