

Respirator Fit Testing

What is Fit Testing?

Fit testing is a procedure that measures whether there is a tight seal between a respirator and the wearer's face. It is required for anyone who uses tight-fitting respirators as part of their job duties due to the potential for exposure to hazardous airborne contaminants.



Who Needs Fit Testing?

You must complete fit testing if you:

- If you wear a tight fitting respirator (half-face or full-face)
- Work in environments where you may be exposed to air contaminants above the Permissible Exposure Limit (PEL)
- Are part of a program requiring compliance with Cal/OSHA respiratory protection standards

NOTE: An N95 filtering facepiece used to protect against nuisance level particulates does not require fit testing

Schedule Your Appointment

- Before you can wear a respirator, you must be medically cleared to do so
- To request medical clearance prior to fit testing, please email ehs@sjsu.edu.
- Once you've been cleared by an occupational health physician, contact the EHS Office at ehs@sjsu.edu to schedule your fit test.
- Fit testing is available by appointment only.
- Bring your assigned respirator to the appointment
- Facial hair must not interfere with the seal of the mask



Regulatory Requirements

- Fit testing is mandated under CCR Title 8 Section 5144, which governs respiratory protection programs. Key requirements include:
- Medical Evaluation: Must be completed prior to fit testing if respirator use is required
- Initial Fit Test: Must be completed before first use of a tight-fitting respirator
- Annual Retesting: Required to confirm continued proper fit