

# Why are annual FIT TESTS required?

OSHA requires annual fit testing: 29 CFR 1910.134

## Administrator



Time for your annual fit testing!



It usually only takes 15–20 minutes.

## Worker



Can we do this another day? I've got so much to do.



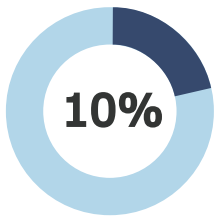
I'm busy. You're busy. Why is it necessary to do this EVERY YEAR?

## Bottom line...



If your respirator doesn't fit, it can't efficiently protect you.  
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## NIOSH Facts



**NIOSH** research confirms the need for annual testing: 10% of subjects failed a fit test after 1 year using the same make, model, and size respirator.



**NIOSH** research also suggests that those who have lost > 20lbs should prioritize getting fit tested again right away. Other facial changes requiring fit testing include significant weight gain, extensive dental work, scarring, or cosmetic surgery.



Respirator fit **CAN** change over time. If your respirator doesn't fit, it doesn't work.



If the respirator fit is unacceptable, the worker must be given the opportunity to select a different respirator and be retested.



Sources: OSHA Fit Testing Procedures 1910.134, Appendix A, [https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_table=STANDARDS&p\\_id=9780](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=STANDARDS&p_id=9780)  
New NIOSH Study Supports the OSHA Annual Fit Testing Requirements for Filtering Facepiece Respirators, <http://blogs.cdc.gov/niosh-science-blog/2016/01/05/fit-testing/>