



Commit2Fit
RESPIRATOR FIT TESTING RE-CERTIFICATION

PROCESS OUTLINE FOR FIT TESTERS

Version 4 – 06 January 2026

Re-Certification Overview

This document outlines the re-certification process for a Commit2Fit competent fit tester. A Commit2Fit certificate is valid for three years. Prior to the certificate expiring, a Commit2Fit fit tester should begin the re-certification process.

From the different fit testing methods available, Commit2Fit certification only covers the following methods:

- QLFT-ATT (aerosol taste test): Saccharin solution or Bitrex (Denatonium benzoate) solution aerosol qualitative fit test (QLFT) protocols
- QNFT-CNC (condensation nuclei counter): Ambient aerosol condensation nuclei counter (CNC) quantitative fit test (QNFT) protocol

For information about the Commit2Fit training and competency programme, refer to the [Commit2Fit Programme Outline](#) (link also available at: [C2F Training](#)).

Upon successful completion of the re-certification process, a new Certificate of Competency will be issued with a validity of three years from the new issue date.

The re-certification process can only be used for the method(s) previously achieved during the Commit2Fit Training and Assessment scheme. It cannot be used to gain competency in a method that was not previously achieved. For example, if the fit tester only completed the QLFT ATT method, the re-certification can only be used for that method. If the fit tester completed both methods, the re-certification can be sought through this process for either or both methods, depending on the fit tester's decision. Any subsequent re-certification will apply only to the selected method.

Re-certification Application

The fit tester can initiate the request for an upcoming re-certification by contacting Commit2Fit through admin@nzohs.org.nz.

In the contact email, the fit tester should include:

- Full name
- Certificate Number
- Fit test method(s) they wish to re-certified in (QLFT, QNFT or both QLFT & QNFT)

The fit tester should make sure to have access to fit test equipment and respirators for the method(s) they wish to be assessed on.

Fit testing equipment and/or facilities are NOT provided as part of the re-certification process.

If Commit2Fit has not received a request from the fit tester for the re-certification, Commit2Fit will initiate the re-certification process by contacting the fit tester, notifying

them of the upcoming expiry date. Commit2Fit will use the latest contact details on the Commit2Fit database. It is critical for Commit2Fit registered fit testers to keep their contact details up to date with Commit2Fit, and it is fully their responsibility to do so. For any updates, Commit2Fit fit testers should use this form: [Commit2Fit Competent Fit Tester Information Form.](#)

Commit2Fit will endeavour to contact the competent fit tester by email and/or mobile communication. However, if no response is received after a minimum of three contact attempts, Commit2Fit will assume that they are not interested in the re-certification of their Commit2Fit competency.

Re-certification Process

The re-certification process follows the same structure as the initial practical assessment. It is a virtual, face-to-face assessment conducted on Teams or Zoom with an assessor. The assessment is based on ISO 16975-3 and should take about 1 hour for one method and 1.5 hours for both methods. Candidates will be asked to carry out a fit test for each method for which they are being assessed and to demonstrate knowledge as detailed in the competency checklist ([Appendix A](#)). It is expected that, as this is a re-certification assessment, the fit tester will be well prepared and the assessment will run smoothly. Please note that the assessor will stop the assessment if it becomes clear that the fit tester is not prepared or if critical items are missing or not showing that they are well understood. We would also expect a higher level of competency and confidence during re-certification, with explanations that are clear, concise, and completed within the required time.

This outline must be read by the fit tester. If there are any questions, Commit2Fit can be contacted by email at: commit2fit@nzohs.org.nz.

Commit2Fit will share with the fit tester the “**B6. Self-assessment and Practical Preparation Exercise**” document, which is designed to assist the fit tester with self-preparation for the re-certification assessment. This B6 document is structured in alignment with the competency checklist provided in Appendix A.

Candidates are responsible for ensuring they have access to all fit testing equipment required for the method(s) they wish to be assessed on, as well as access to the internet and video-conferencing tools, since the assessment is conducted virtually (via Microsoft Teams or Zoom).

The assessor will clarify any questions before the assessment begins and may ask questions during the assessment.

The OSHA 1910.134 Appendix A protocol must be used for both QLFT-ATT and QNFT-CNC methods. For the QNFT-CNC method, the **8-exercise OSHA protocol** must be used (do not use modified, i.e. ‘fast fit’ protocols).

Note: Commit2Fit requires these protocols to be used for the assessment for consistency only. Commit2Fit does not recommend one validated protocol over another for day-to-day practice.

If the fit tester is seeking re-certification for both methods, the fit tester **should use a different style of respirator for each method's fit test demonstration**. For example, conduct a QLFT using a filtering facepiece (disposable respirator) and QNFT using a reusable full-face respirator.

Once the practical assessment is completed, the results are emailed to the candidate within approximately two weeks. The assessor will determine if the fit tester is deemed:

- a. Competent: A certificate of competency will be granted and will be valid for three years from the issue date.
- b. Not Yet Competent: If the fit tester is deemed not yet competent, they have two additional opportunities to re-sit the re-certification assessment (three attempts in total).

Commit2Fit Certificate of Competency

Upon successful completion of the re-certification process, fit testers will receive a Certificate of Competency, which will list the methods for which they have been assessed and deemed competent, along with a unique identifier number.

Competent fit testers may choose to continue being listed on the New Zealand Occupational Hygiene Society NZOHS Website, under Commit2Fit (<https://nzohs.org.nz/commit2fit/>). HASANZ-registered health and safety professionals can apply to HASANZ to be listed with the *Respirator Fit Tester* speciality.

Terms & Conditions

The following terms and conditions apply to all fit testers undertaking the Commit2Fit re-certification process:

1. **Payment:** All fees must be paid in advance. The fee is not refundable if a fit tester withdraws from the completion of the re-certification. Assessment results will not be provided until payment has been received.
2. **Competency:** Competency is granted to the individual who achieves the required competence level. It is not a 'company' status or transferable to any other party, in any way. Competency status will remain with the individual until the renewal period expires (a maximum of three years). Within the 3-year period, re-assessment can be applied for and, following a successful assessment, may be granted for a further three (3) years and so on.
3. **Liability:** Gaining Commit2Fit competency re-certification confirms that at the point of assessment, the fit tester was deemed competent in meeting the required criteria. It does not, in any way, imply that NZOHS, or its trainers and assessors, will bear any responsibility whatsoever in the event of a fit tester failing to satisfactorily carry out their duties whilst fit testing (or any other service they may undertake). It is strongly recommended that fit testers ensure they are adequately insured for their fit testing activities, such as Professional Indemnity Insurance / Public Liability Insurance.
4. **Limitations:** The Commit2Fit re-certification process confirms that at the point of assessment, the fit tester was deemed competent in meeting the required criteria. NZOHS cannot guarantee the future and ongoing competence of a competent Fit Test Provider. It is the responsibility of the fit tester to ensure they only undertake fit testing activities for which they have been assessed as competent. We would expect that Commit2Fit fit testers will conduct themselves in a professional manner in accordance with the Code of Ethics outlined by their professional organisations.
5. **Fit Test Equipment:** NZOHS is not responsible for providing the fit tester with fit test equipment and/or gear required for practicing and/or the assessment portion of this program. It is the responsibility of the fit tester to source the equipment required.

Appendix A

Name of trainee: _____ Fit-test method: QLFT QNFT QLFT and QNFT Protocol: OSHA Appendix A 1910.134 Par I Fit Test Protocols (8 Exercises QNFT 7 Exercises QLFT) Evaluated by: _____ Signature: _____ Date: _____	
1. Demonstrates knowledge of Respirator used for the fit test	
Acceptable (Y/N)	
Section 1 must be completed for the following respirator types: <ul style="list-style-type: none"> • QLFT: one disposable and one reusable half-face respirator. • QNFT: one disposable, one reusable half-face, and one full-face respirator. 	
1.1. Different make, model, style and size respirators (B6 1.1)	
<ul style="list-style-type: none"> • Describe the respirators: make, model, style, and size • Explain why having a variety of respirators is important • How many times would you try and fit the same respirator before moving to a different size, model, or style? 	
1.2. Respirator components and their function (B6 1.2)	
<ul style="list-style-type: none"> • Explain the respirators' parts and function. 	
1.3. Respirator inspection, cleaning, and maintenance (B6 1.2)	
<ul style="list-style-type: none"> • Examine the respirators and give examples of common faults or issues that may cause a fit test failure and why. • Explain the respirator's cleaning and maintenance requirements for one of each type of respirator that you have. 	
1.4. Respirator capabilities and limitations as related to fit testing (B6 1.4)	
<ul style="list-style-type: none"> • For both methods: QLFT and QNFT, explain what filters will be used for the fit test and why. • What happens if the fit test subject brings a respirator with gas/vapour filter/s to the fit test session? 	
1.5. Proper donning and doffing procedures, including wearer-seal checks (B6 1.5)	
<ul style="list-style-type: none"> • Demonstrate the donning and doffing procedure, including the user seal-checks as per manufacturer instructions (explain the user seal-checks, what the wearer needs to do, and what the wearer should feel). This must be demonstrated for: <ul style="list-style-type: none"> ○ QLFT: one disposable and one reusable half-face respirator. Subsequently, one of these respirators will be selected for the fit test. ○ QNFT: one disposable, one reusable half-face, and one full-face respirator. Subsequently, one of these respirators will be selected for the fit test. • Explain the frequency required for the wearer seal checks 	

2. Demonstrates knowledge of the fit-test method	Acceptable (Y/N)
<p>2.1. Purpose of fit testing (B6 2.1)</p> <ul style="list-style-type: none"> Explain the purpose of respirator fit testing and the frequency this should be undertaken. Describe key differences between wearer-seal checks and a fit test. 	
<p>2.2. Fit-test procedures (B6 2.2)</p> <ul style="list-style-type: none"> Explain how the fit test method you are being assessed for works. Detail what actions or inactions may invalidate a fit test. Discuss conditions under which a fit test must be stopped. If, for any reason, you must stop the fit test (either method) and start again, discuss from what step you need to restart the test and why. For QLFT: <ul style="list-style-type: none"> What fit factor is a QLFT equivalent to? Explain the difference between the sensitivity solution and the fit test solution. Discuss the impact of the wearer eating, drinking, chewing gum, smoking or vaping just prior to a test. For QNFT: <ul style="list-style-type: none"> Describe maintenance and service requirements of a CNC machine. Explain when to select the "N95" option (Tick the N95 box) for daily checks. When adding a new respirator to the database, explain which respirators/filters will require the "N95" function to be selected. Explain fit factor pass level(s) used in the test for the different face pieces (half-face (disposable or reusable) and full-face). Explain the potential impact of the fit test subject smoking/vaping just prior to a fit test. 	
<p>2.3. Limitations of the fit-test method (B6 2.3)</p> <ul style="list-style-type: none"> List at least three limitations for each selected fit-test method. Explain which respirators can/cannot be tested with the selected method and why. 	
<p>2.4. Questionable fit-test results (B6 2.4)</p> <ul style="list-style-type: none"> Detail reasons why you might question the outcome of a fit test result for the fit test method you are being assessed for. How would you proceed with a questionable result for the fit test method you are being assessed for? 	
<p>2.5. Health and Safety Hazards of fit test equipment and chemicals (B6 2.5)</p> <ul style="list-style-type: none"> List at least three health and safety hazards for each selected method. 	
3. Demonstrates ability to set up fit-test equipment	Acceptable (Y/N)
<p>3.1. Selection of proper cartridges or filters for the fit-test method (B6 3.1)</p> <ul style="list-style-type: none"> For both methods: QLFT and QNFT, describe what filters must be used for the fit test and why. 	

<ul style="list-style-type: none"> How would you proceed if the fit test subject brings a respirator with only gas/vapour filter/s to the fit test session? 	
3.2. Preparation of required equipment and materials (B6 3.2) <ul style="list-style-type: none"> Describe the set-up for equipment and additional materials required for the fit test method you are being assessed for. 	
3.3. Performance of operational checks (B6 3.3) <ul style="list-style-type: none"> Perform or explain the necessary checks and actions required prior to performing a fit test for the selected fit test method. Explain what these checks are looking for. Please, give details. 	
3.4. QNFT ONLY: Proper installation of probes or fit-test adapters (B6 3.4) <ul style="list-style-type: none"> Prepare the respirator for fit testing: actively demonstrate probing for each of the 3 types of respirators that can be fit tested by this method: <ul style="list-style-type: none"> One full-face reusable respirator, One half-face reusable respirator, and One filtering face piece (disposable respirator) Explain what additional parts are required for the probing and where to find additional information, if required, such as the length of internal tubing for probing some respirator types. For disposable respirators, explain what additional tools and parts are required for the probing and in which position the probe should be placed. 	
3.5. Troubleshoot common issues with fit test equipment (B6 3.5) <ul style="list-style-type: none"> Provide some examples of what could go wrong and what troubleshooting can be done in those situations. <ul style="list-style-type: none"> For QLFT: <ul style="list-style-type: none"> Explain actions to be taken if nebulisers are not generating a mist. For QNFT: <ul style="list-style-type: none"> Describe troubleshooting and actions if the particle check is not passed during the daily check. Describe troubleshooting and actions if the zero check fails. Explain possible causes of a 'low alcohol' message and how to troubleshoot this situation. Explain actions to be taken for suspiciously high fit factors. List reasons for suspiciously low fit factors (i.e., not from a poor fit). 	
3.6. Evaluation of room and facilities for fit testing suitability for selected method (B6 3.6) <ul style="list-style-type: none"> Discuss the room you are in and how it compares with the selection considerations for rooms and facilities for the selected fit testing methods. 	

4. Demonstrates the ability to conduct the fit test	Acceptable (Y/N)
<p>Note: if doing both methods, QLFT and QNFT, the fit tester <u>should use a different style of respirator for each method</u>. For example, conduct a QLFT using a filtering face piece (disposable respirator) and a QNFT using a reusable full-face respirator.</p>	
<p>4.1. When to refuse to conduct a fit test/delay a fit test until the issue is resolved (B6 4.1)</p> <ul style="list-style-type: none"> • Evaluate that the person you will be fit testing has presented themselves as required. • Provide at least 3 reasons why you may refuse to conduct or delay a fit test. 	
<p>4.2. Explanation of fit-test purpose and procedures to the person being fit tested (B6 4.2)</p> <ul style="list-style-type: none"> • Brief the person whom you will be fit testing. • Demonstrate how the exercises should be carried out. 	
<p>4.3. Observation and evaluation of unassisted donning procedure (B6 4.3)</p> <ul style="list-style-type: none"> • Discuss why unassisted donning is important for the fit test. • If coaching or assistance is required, ensure the wearer doffs and redons prior to starting the fit test. 	
<p>4.4. Observation that user seal checks are performed (B6 4.4)</p>	
<p>4.5. Observes the person being fit tested to ensure it is conducted correctly (B6 4.5)</p>	
<p>4.6. Conducts the fit-test method according to OSHA protocols (B6 4.6)</p> <ul style="list-style-type: none"> • Complete the fit test to the OSHA protocol using the method for which you are being assessed: <ul style="list-style-type: none"> ○ For QNFT-CNC, the fit tester should use the OSHA 8 (eight) exercises (including grimace) protocol for the assessment. ○ For QLFT-ATT (Aerosol Taste Test), the fit tester should use OSHA 7 (Seven) exercise protocol (Saccharine or Bittrex). 	
<p>4.7. Properly interprets and records results (B6 4.7)</p> <ul style="list-style-type: none"> • Describe what criteria determine a 'pass' or 'fail' for the selected method. • Explain the steps to take in the event of a failed fit test. • Describe key information that should be recorded on the fit test record. 	
<p>4.8. Explanation of the result of the fit test and the meaning of the result to the wearer (B6 4.8)</p> <ul style="list-style-type: none"> • Explain the result of the fit test and what it means to the fit test subject. • Discuss the frequency of fit testing. 	
<p>4.9. Performs Respirator cleaning, sanitising or disposal and undertake post-test action with fit test equipment (B6 4.9)</p> <ul style="list-style-type: none"> • Perform or describe respirator cleaning, sanitising, or disposal. 	

<ul style="list-style-type: none"> Perform or describe appropriate post-test actions, with the fit test equipment, including explaining the cleaning and disinfection requirements. 	
4.10 Returns reusable respirator to original state, fit for use in the workplace (B6 4.10) <ul style="list-style-type: none"> Explain what may be required to return the respirators that have been modified for the fit test. 	
5. Demonstrate the ability to identify likely causes of fit-test failure	Acceptable (Y/N)
5.1. Improperly donned or adjusted Respirator (B6 5.1) <ul style="list-style-type: none"> Describe how you would assess if a failed fit test result was due to an improperly donned or adjusted Respirator. What would you look for/or check. 	
5.2. Incorrectly assembled or damaged Respirator (B6 5.2) <ul style="list-style-type: none"> Describe how you would assess if a failed result was due to an incorrectly assembled or damaged respirator. How could you minimise the risk of this happening? 	
5.3. Incorrect size, shape or style Respirator (B6 5.3) <ul style="list-style-type: none"> Describe how you would assess if a failed fit test result was due to the incorrect size, shape or style of respirator. 	