

# Yamhill Fire Protection District

District Policies, Procedures, & SOG's

## MISSION

*Yamhill Fire Protection District is dedicated to  
serve and protect our community*

# District Policies

PERSONNEL

OPS - GEN – 402.5

Fit Test Record

Page 1 of 1

Issued: December 27, 2019

## Fit Testing Record

Date of Test \_\_\_\_\_

Employee/Volunteer Fit Tested \_\_\_\_\_

Make \_\_\_\_\_ Style \_\_\_\_\_

Model \_\_\_\_\_ Size \_\_\_\_\_

Type of Fit Test Performed in accordance with protocols listed in 1910.134 Appendix A -OSHA

Accepted Fit Test Protocols.

Quantitative (QNFT)	Qualitative (QLFT)
Fit Factor	Substance used: _____
Strip Chart Results (Attached)	Pass                  Fail
Comments	Comments
_____	_____
_____	_____
_____	_____
_____	_____

Person Administering Test:

Name \_\_\_\_\_

Employed by [Yamhill Fire Protection District](#)

Types of exercise performed (for one minute each except grimace) during fit test shall include:

1. Normal breathing
2. Deep breathing
3. Moving head up and down
4. Turning head side to side
5. Talking (rainbow passage)
6. Grimace (15 seconds) -only for QNFT
7. Bending over or jogging in place
8. Normal breathing

Note: The employee's latest fit test record is required to be kept until the next fit test is administered.