

Iowa Respirator Fit Testing

WHEN USING WORKER PROTECTION STANDARD-LABELED PESTICIDES

When using agricultural pesticides that require the use of a respirator, you must follow all Worker Protection Standard (WPS) requirements*, including:

- **Completing a medical questionnaire that will be reviewed by a licensed health care professional to ensure that you are physically able to safely wear a respirator or if you will need further medical evaluation**
- **Passing a medical evaluation by a physician or other licensed health care professional to ensure that you are physically able to safely wear a respirator**
- **Undergoing a fit test to ensure that you are protected when using the respirator, and**
- **Training in the use, maintenance, cleaning, and storage of respirators**

*Refer to the document, Worker Protection Standard: Requirements for Respirator Use.

A respirator fit test checks whether a respirator properly fits and seals against your face. You may not be able to undergo fit testing if you have medical conditions such as severe pulmonary disease, asthma, severe cardiac disease, or uncontrolled hypertension. Certain types of facial hair such as beards, sideburns, or some mustaches prohibit a good respirator seal which does not allow you to pass a respirator fit test.

Preparing for the Fit Test

1. **Read the pesticide label** to determine which type(s) of respirators are required to be worn.
2. Make sure you have been **medically cleared** to wear a respirator.
3. **Purchase** the make, model, and size of the respirator you will wear. A P100 cartridge is needed for the fit test procedure. Note: some fit testing locations may have a variety of respirators to test prior to purchasing.
4. Schedule the fit test.
5. Arrive at the fit testing location **clean-shaven, with the respirator and cartridges** to be fit tested.
6. Depending on the type of fit test, you may be asked to avoid eating, drinking, or smoking prior to the fit test.

What to Expect

There are two types of fit tests: qualitative and quantitative. Qualitative fit testing (QLFT) uses your sense of taste or smell, or your reaction to an irritant to detect leakage into the respirator facepiece.

Quantitative fit testing (QNFT) uses specialized equipment to measure the actual amount of leakage around the seal.

Qualitative Fit Test (QLFT)

1. Expect the fit test to take about 15-20 minutes to complete. The fit tester will explain the full procedure before starting.
2. Tell your fit tester if you are allergic to the bitter or sweet tasting solution they are using, or if you have any other questions or concerns about the fit test.
3. You will be asked to put the test hood on without a respirator. A sensitivity solution will be used to determine if you can taste the solution being used for the fit test procedure. You will be asked to breathe through your mouth and tell your fit tester if you can taste the solution that is sprayed into the hood.
4. You will be asked to put the test hood on while wearing a respirator. Fit test solution will be sprayed into the hood while you perform seven exercises for one minute each with guidance from your fit tester. Tell them if you taste the solution sprayed into the hood.
5. If your respirator protected you from tasting the solution, you have passed the fit test. If you tasted the solution at any point, you have failed the fit test.

Quantitative Fit Test (QNFT)

1. Expect the fit test to take about 15-20 minutes to complete. The fit tester will explain the full procedure before starting.
2. You will be asked to put on your respirator and wear it for at least five minutes.
3. A probe or other device will be attached to your respirator facepiece.
4. You will be asked to perform eight test exercises with guidance from your fit tester. The equipment will calculate and display a fit factor for each exercise.
5. If you achieve the appropriate fit factor for all exercises, the equipment will calculate an overall fit factor and display a pass message. If you fail to achieve the appropriate fit factor for any single exercise, you have failed the fit test.

What if You Fail the Fit Test Procedure?

You will be given the opportunity to try different sizes, models, or styles of respirators until you find one that fits properly and passes the fit test. Make certain the alternative respirator you choose is listed as an option on the pesticide label. The goal is to find a respirator that creates a tight seal against your face, preventing contaminated air from entering. If you do not pass the fit test with a different respirator, you will not be able to handle pesticides requiring the use of a respirator, or you may be required to use a powered air-purifying respirator (PAPR) which does not require a fit test.

Iowa Respirator Fit Testing Providers

The following table lists the locations in Iowa that offer medical evaluations and respirator fit testing. QLFT refers to Qualitative fit testing and QNFT refers to Quantitative fit testing.

City	Name and Contact Information	Medical Evaluation	Respirator Fit Testing
Ames	McFarland Clinics 1215 Duff Ave 515-239-4496 https://www.mcfarlandclinic.com/specialties/occupational-medicine	Yes	QLFT
Anamosa	Jones Regional Medical Center Occupational Medicine 1795 Highway 64 East 319-481-6147 https://www.unitypoint.org/locations/jones-regional-medical-center-occupationalmedicine	Yes	QLFT
Ankeny	Iowa Methodist Occupational Health & Wellness- Ankeny 1810 SW White Birch Circle, Suite 111 515-964-6974 https://www.unitypoint.org/locations/unitypoint-health---des-moines-occupationalmedicine---ankeney	Yes	No
Ankeny	Medix 1824 SW White Birch Circle 515-964-9003 https://gotomedix.com/	Yes	No
Burlington	Occupational Health – Southwest Iowa Regional Medical Center 1401 W Agency Road (West Burlington) 319-768-4100 https://www.greatriverhealth.org/our-locations/occupational-health-west-burlington/	Yes	QLFT
Bettendorf	MecryOne Genesis Occupational Health 4487 53 rd Ave 563-421-0640 https://www.genesishealth.com/genesis-at-work/occupational-health/	Yes	QLFT
Cedar Falls	UnityPoint Health at Work – Waterloo Region – Occupational Medicine 7024 Nordic Drive 319-266-3127 https://www.unitypoint.org/locations/unitypoint-health-at-work---waterloo-region---occupational-medicine	Yes	QLFT
Cedar Rapids	UnityPoint Health Work Well Solutions – Occupational Medicine Clinic 830 1 st Avenue NE 319-369-8153 https://www.unitypoint.org/locations/unitypoint-health-work-well---occupational-medicine-clinic	Yes	QLFT & QNFT
Coralville	University of Iowa Occupational Health 2591 Holiday Road 319-356-3335 https://uihc.org/services/ui-occupational-health	Yes	QLFT & QNFT

City	Name and Contact Information	Medical Evaluation	Respirator Fit Testing
Corning	CHI Health Mercy Corning 603 Rosary Drive 641-322-3121 https://www.chihealth.com/locations/chi-health-mercy-corning	Yes	QLFT
Davenport	MercyOne Genesis Northwest Occupational Health 1520 West 53 rd Street 563-421-0660 https://www.genesishealth.com/genesis-at-work/occupational-health/	Yes	QLFT
Decorah	Occupational Health Clinic at WinnMed 901 Montgomery Street 563-382-2911 https://www.winmedical.org/service/occupational-health	Yes	QLFT
Des Moines	UnityPoint Health at Work – Des Moines – Occupational Medicine 1301 Pennsylvania Avenue Suite 416 515-262-7619 https://www.unitedpoint.org/locations/unitedpoint-health-at-work---des-moines---occupational-medicine	Yes	No
Dyersville	Tri-State Occupational Health Nurse 1121 3rd Street SW 563-875-6152 https://www.mahealthcare.com/health-services/tri-state-occupational-health/	No	QLFT
Dubuque	Tri-State Occupational Health 4155 Pennsylvania Ave 563-584-4600 https://www.mahealthcare.com/health-services/tri-state-occupational-health/	Yes	QLFT
Dubuque	UnityPoint Health – Finley Occupational Health 1665 Embassy West Drive 563-585-1290 https://www.unitedpoint.org/locations/unitedpoint-health---finley-occupational-health	Yes	QLFT & QNFT
Emmetsburg	Palo Alto County Health System Business Health Services 3201 1 st Street 712-852-5469 https://pachs.com/services/departments/business-health-services/	Yes	QLFT
Fort Dodge	UnityPoint Health at Work – Fort Dodge – Occupational Medicine 210 N 15 th Street 515-574-6810 https://www.unitedpoint.org/locations/unitedpoint-health-at-work---fort-dodge---occupational-medicine	Yes	QLFT
Fort Madison	Occupational Health-Southeast Iowa Regional Medical Center 5445 Avenue O Suite 115 319-376-2100 https://www.greatriverhealth.org/our-locations/occupational-health-fort-madison/	Yes	QLFT
Indianola	Warren County Extension and Outreach 200 West 2 nd Ave 515-961-6327 https://www.extension.iastate.edu/warren/	No	QLFT

City	Name and Contact Information	Medical Evaluation	Respirator Fit Testing
Keosauqua	Van Buren County Hospital's Southeast Iowa Occupational Health Services 304 Franklin Street 319-293-8712 https://vbch.org/community/occupational_health/	Yes	QLFT
Mason City	MercyOne North Iowa Occupational Health 1501 4 th Street SW 641-428-5244 https://www.mercyone.org/northiowa/services/occupational-health	Yes	QLFT
Muscatine	UnityPoint Health at Work – Muscatine – Occupational Medicine 3426 North Port Drive, Suite 300 563-262-4120 https://www.unitedpoint.org/locations/unitedpoint-health-at-work---muscatine---occupational-medicine	Yes	No
Oskaloosa	Mahaska Health Department of Occupational and Employee Health 1229 C Avenue E 641-672-3274 https://www.mahaskahealth.org/occupational-health/	Yes	QLFT & QNFT
Rock Valley	Hegg Health Center OccHealth 1202 21 st Ave 712-476-8078 https://www.hegghc.org/services/occupational-health/	Yes	QLFT
Sioux City	MercyOne Siouxland Occupational Health 3500 Singing Hills Boulevard 712-274-4250 https://www.mercyone.org/siouxland/services/occupational-health	Yes	QLFT & QNFT
Statewide	Ag Health and Safety Alliance 712-363-4034 carolyn@aghealthandsafety.com	Yes	QLFT

This list was compiled by [Iowa's Center for Agricultural Safety and Health](#) and Iowa State University Extension and Outreach [Pesticide Safety Education Program](#). This project has been funded by the Iowa Department of Agriculture and Land Stewardship through a grant from the U.S. Environmental Protection Agency.

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