

Fit Test Instructions

NO Smoking, Drinking, Eating, Chewing Gum/Mint/Candy, Or Brushing Teeth

15-30 minutes prior to fit test appointment!



The test shall not be conducted if there is any hair growth between the skin and the face piece sealing surface, such as stubble beard growth, beard, mustache, or sideburns which cross the respirator sealing surface. Any type of apparel that interferes with a satisfactory fit shall have be altered or removed for fit test. For reference review the CDC/NIOSH diagram below.

Facial Hairstyles and Filtering Facepiece Respirators

Intended for workers who wear tight-fitting respirators

Hairstyle	Compatibility	Notes
CLEAN SHAVEN	✓	
STUBBLE	✗	
LONG STUBBLE	✗	
FULL BEARD	✗	
FRENCH FORK	✗	
DUCKTAIL	✗	
VERDI	✗	
GARIBALDI	✗	
BANDHOLZ	✗	
SOUL PATCH	✓	
GOATEE	✗	(Careful! Chin hair may easily cross the seal)
CHIN CURTAIN	✗	
EXTENDED GOATEE	✗	
CIRCLE BEARD	✗	
ANCHOR	✗	(Careful! Chin hair may easily cross the seal)
BALBO	✗	
VAN DYKE	✗	
IMPERIAL	✗	
SIDE WHISKERS	✓	
MUTTON CHOPS	✗	
HULIHEE	✗	
HORSESHOE	✗	(Careful not to cross the seal)
ZAPPA	✓	
WALRUS	✓	
PAINTER'S BRUSH	✓	
CHEVRON	✓	
HANDLEBAR	✓	
PENCIL	✓	
TOOTHBRUSH	✓	
LAMP SHADE	✓	
ZORRO	✓	
VILLAIN	✗	(Careful not to cross the seal)
FU MANCHU	✗	
ENGLISH	✗	
DALI	✗	

*If your respirator has an exhalation valve, some of these styles may interfere with the valve working properly if the facial hair comes in contact with it.
 *This graphic may not include all types of facial hairstyles. For any style, hair should not cross under the respirator sealing surface.
 Source: OSHA Respiratory Protection Standards
https://www.osha.gov/niosh/haestrc/owadisp_show_document?p_table=standards&p_id=12716
 Further Reading: NIOSH Respirator Trusted-Source Webpage
https://www.cdc.gov/niosh/nppd/topics/respirators/disp_part/respirator_fit_test.html

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CDC NIOSH Centers for Disease Control and Prevention National Institute for Occupational Safety and Health 2017