

MDHS Fit Testing Program – Information for Students V.4



THE UNIVERSITY OF
MELBOURNE

As part of agreed upon compliance requirements, MDHS students are commonly required to be fit tested for specific P2/N95 respirators before attending clinical placement in health services and residential aged care facilities. The Faculty of Medicine, Dentistry and Health Sciences (MDHS) is facilitating fit testing in coordination with Melbourne Dental School and Melbourne Teaching Health Clinics.

What is fit testing?

A respirator fit test is a method for checking that a tight-fitting facepiece matches the person's facial features and seals adequately to maximise protection from airborne particles. In your fit test appointment, you will try on multiple types of P2/N95 respirators that are commonly used in Victorian health services. A machine will generate particles and test the seal of each respirator. After the appointment, you will receive a report of your results indicating which respirator types achieved the best seal and therefore offer maximum protection. This report will be added to your Sonia Check as a PDF and marked as completed (providing there is a passing fit test result).

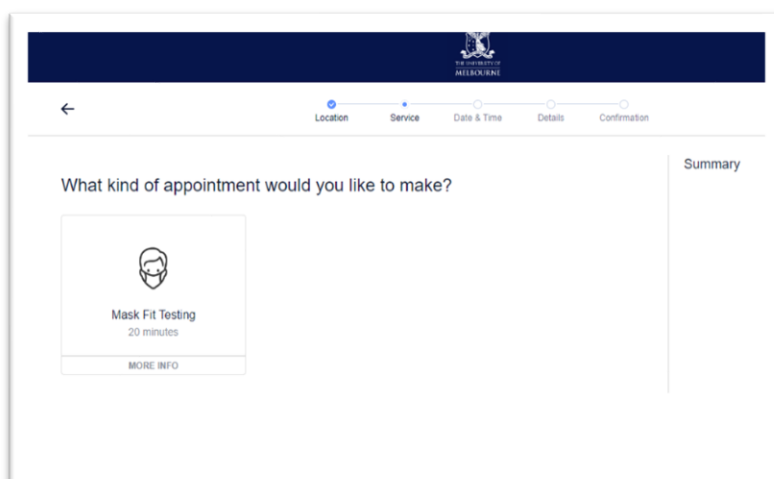
How do I make a booking?

You can book and maintain your appointment online: [HERE](#)

1. Ensure you have the correct booking page open. It is labelled:

Mask Fit Testing

2. Each appointment has a 20-minute window. Please ensure you are correctly prepared as per the instructions below and on time for your booking. If you are more than 5 minutes late, you will be turned away.
3. You are required to bring your student ID at time of booking and present this to the fit tester during your appointment.
4. You are being hosted by Melbourne Dental Clinic so ensure you adhere to their local requirements, including the use of masks if requested. **Address:** Level 1, 723 Swanston Street, Carlton, Victoria, Australia



Notes:

- You do not need to upload any documents when making your appointment.
- You will receive a booking confirmation via email and a confirmation email and SMS at the time of booking and a reminder two days prior to your appointment. It will contain the details of your appointment. You can cancel, reschedule or re-book appointments online if you cannot attend your appointment. Please cancel as soon as you know you cannot attend so another student can book the appointment time.
- If you fail to arrive to your appointment without notice or communication, you may be requested to source an appointment at your own cost.

Unable to shave/remove facial hair

- If you are unable to shave/remove facial hair to have your fit test done, **do not book an appointment as you will be turned away**. The success rate is very low. It will be best to initiate contact with the Singh Thattha trial to complete your compliance requirement and ensure you are appropriately fitted for the mask. Further information can be found here: <https://www.health.vic.gov.au/quality-safety-service/the-singh-thattha-trial>. Many students have been successful in fit testing through this process.

What do I need to do before my appointment?

- **Do not eat/drink/smoke/vape/chew gum for at least 30 minutes prior to your appointment (this includes no coffee!).**
- Arrive at least 5 minutes before your appointment. If you are late, your appointment may not be able to proceed.
- ***You must not have facial hair*** at the respirator sealing surface or your fit tests will fail. See image 1 provided below for more information.
- If you have long hair, it needs to be tied back in the middle of the head to avoid interfering with the straps of the mask.
- If you wear a wig, please be prepared to remove this for your test.
- Facial creams and cosmetics may impact the fit test and should be avoided prior to attending an appointment.

Image 1:



What do I need to know after my appointment?

- You will need to always keep shaven at the sealing surface while on placement (where a respirator is required to be worn).
- A record of your fit test results will be uploaded as a PDF directly to Sonia and checks will be completed by your fit tester within two business days. You will be able to access and download via your Sonia login.
- Always do a fit check when you use an approved mask.
- Do not place hand on the front of the mask when removing (to avoid any contamination).
- Book another fit test appointment if there have been significant changes to your facial features/appearance to ensure the same masks still fit.

How to put on (don) an approved N95/P2 mask:

1. Wash or sanitise your hands before touching the mask (ensure they are dry before handling the mask)
2. Check the mask for any holes or tears before beginning
3. Open the mask and separate the edges – ensure the nose wire is on the top of the mask
4. Place the mask against your face ensuring the bottom of the mask sits under the chin and the top of the mask sits on the bridge of the nose
5. Pull the straps over your head. One strap should sit at the base of your head (below the ears) and the top of your head (above the ears)



6. Use both hands to bend the metal nosepiece to fit snugly against your nose and face (do not pinch the mask)
7. Check the outline of the mask to ensure there are no folds or obvious leaks
8. Complete a fit check by inhaling and exhaling sharply. The mask should retract and fill with air when you do so. If there is leakage, readjust the position of the straps and check the seal again



How to take off (doff) an approved N95/P2 mask:

1. Before touching the mask, clean your hands with an alcohol-based hand rub or soap and water.
2. Remove the straps from behind the head or ears, without touching the front of the mask.
3. As you remove the mask, lean forward and pull the mask away from your face.
4. Medical masks are for single use only; discard the mask immediately, preferably into a closed bin.
5. Clean your hands after touching the mask.
6. Be aware of the condition of the mask; replace it if it gets soiled or damp



Version Control

Version	Author	Date	Changes
V.1	Kylie Erben	03/11/2022	First Version
V.2	Kylie Erben	27/09/2023	<ul style="list-style-type: none">• Updated image one• Added advice for prior and after the appointment• Instructions added for putting on and putting off a mask
V.3	Oliver Smith	11/12/2023	<ul style="list-style-type: none">• Updated booking system hyperlink• Revised booking length from 30 to 20 minutes
V.4	Kylie Erben	05/09/2024	<ul style="list-style-type: none">• Updated first paragraph to be reflective of an ongoing program and compliance requirement• Updated website links• Updated image for new booking system• Updated aesthetic to new University brand colours