

Respirator Fit Test Exercises

1. **Normal breathing** - In a normal standing position, without talking, breathe normally.
2. **Deep breathing** - In a normal standing position, breathe slowly and deeply.
3. **Turning head side to side** - Standing in place, slowly turn your head from side to side between the extreme positions on each side. Hold at each extreme momentarily to inhale at each side.
4. **Moving head up and down** - Standing in place, slowly move your head up and down. Inhale in the up position (i.e., when looking toward the ceiling).
5. **Talking** - Talk out loud slowly and loud enough to be heard clearly by the test conductor. Read from a prepared text such as the Rainbow Passage, count backward from 100, or recite a memorized poem or song.
6. **Grimace.**
7. **Bend over at waist.**

Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond reach, his friends say he is looking for the pot of gold at the end of the rainbow.