

PPE Guidance for Medical Residents



Before you start working, please ensure that you have received the mandatory N95 respirator fit-test.

Please see below for more information.



N95 Fit-Test

Fit-testing is required **every two years**. Without conducting a fit-test, there is no way to be certain that the N95 will be providing the full protection it is designed for.

For a list of FAQs and what to expect during your fit-test, please click [here](#).



Booking Your Fit-Test

Two options:

- Staff may book a timeslot at VGH by accessing Employee Safety [here](#).
- Employee Safety is holding sessions twice a week at **VGH Doctor's Residence - Room 124 (Monday and Friday from 9AM-2:45PM)**.

A list of alternate fit-test locations at VCH can be found [here](#).

To check your fit-test status, contact POSH.COVID@UBC.CA. For additional information on fit-testing, contact **Ben Loosley, Occupational Hygienist**.



PPE Demo

Interested in a **PPE donning & doffing demo**? Have any PPE related questions?

Please contact TBQIRegionalSupportTeam@vch.ca to book a session! This is available for both medical residents & VCH physicians.

FAQ: What if I've already been fit-tested?

You're all set!

Hot Tip: Employee Safety keeps track of fit-test results, so if you cannot recall what respirator you were fitted for previously, contact POSH.COVID@UBC.CA.

If the department doesn't have the respirator you fitted on, reach out to the department manager and ask them to order the specific type of respirator.

FAQ: What if I am a medical resident working at a non-VCH site?

Please reach out to the department fit-tester or your local health authority Workplace Health team for an N95 respirator fit-test.

