Medical Suitability Test
G26
Medical suitability test
G26 examination

Because respiratory protection devices cause more stress than normal to those who wear them, a medical suitability test must be carried out before using filtering respiratory protective devices.

The medical suitability test according to principle 26 of the German Employer's Liability Insurance Association checks whether the use of personal protection equipment under the given circumstances at the workplace conforms with the user's physical condition.

In Germany an examination according to the G26 principle "Use and selection of respiratory protective devices" is required by the BGR 190 of the professional associations and explained in Appendix 3.

Check your national regulations to find out what medical test is required in your Country.
The number and type of examinations which need to be carried out depend on the respiratory protective device used:

Group 1: \textbf{Weight < 3 kg, breathing resistance < 5 mbar}
Class P1 and P2 particulate filters, particulate filtering half masks, powered air purifying respirators, compressed air hose devices

Group 2: \textbf{Weight < 5 kg, breathing resistance > 5 mbar}
Class P3 particulate filters, gas and combination filters, regeneration units < 5 kg, hose breathing apparatus and filtering devices in combination with protective suits

Group 3: \textbf{Weight > 5 kg, breathing resistance < 6 mbar}
Freely wearable insulation devices, regeneration units > 5 kg
Medical suitability test

Exceptions

No physical fitness test is necessary for devices weighing under 3 kg without breathing resistance, escape devices or self-rescuers. These include products such as hose breathing apparatus or powered-air-purifying respirators with a hood or helmet with which breathing air can flow freely. This also applies to group 1 devices which are used for less than a half hour a day.
Depending on the grouping of the respiratory protective device used, the extent of the suitability examination according to G26 can be broken down as follows:

<table>
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<th>Grouping according to G26</th>
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<tr>
<td>General examination</td>
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<td>Urine status</td>
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<td>Blood pressure while sitting and standing</td>
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<td>Chest X-ray</td>
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<td>Ergometry</td>
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<td>Eyesight test for rescue missions</td>
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<td>Otoscopic examination</td>
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Irrespective of the result of the suitability examination, there are illnesses which can have an impact on the suitability for wearing a device regardless of the device class:

- General physical frailty
- Disturbances of consciousness or sense of balance, cortical excitability (convulsive fits)
- Disorders of the nervous system
- Alcohol abuse or other addictive behavior
- Perforation of the ear drum
- Full artificial denture when using a mouthpiece
- Respiratory disorders
- Clinical reduction in vital (lung) capacity
- Cardiovascular and blood pressure illness
- Disease of the musculoskeletal system
- Infectious or allergic skin conditions
- Eye diseases
- Loss of hearing during rescue missions
Medical suitability test
Reservations for health reasons

Additional reservations for health reasons may result, especially for Group 2 and 3 respiratory protective devices, due to:

- Deafness
- Excess weight of more than 30% according to Broca
- Metabolic disease
- Intestinal ruptures (only Group 3 devices)
The G26 medical suitability test must be repeated at regular intervals. The examination intervals are based on the age of the device wearer and the way the respiratory protective device is used.

**Repeating the medical suitability test:**

- For persons aged up to 50 years, no later than 36 months
- For persons aged over 50 years: no later than 24 months for devices weighing up to 5 kg/no later than 12 months for devices weighing over 5 kg

An additional suitability test may be deemed necessary:

- If the responsible physician requests this
- In cases of illnesses lasting more than six weeks
- Where there are repeated illnesses of a device wearer in 6 months
- In cases where reservations for health reasons arise
- At the request of the employee
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