



SOUTHALLS
DEFINING SAFETY EXCELLENCE

HOW TO CHECK THE FIT OF YOUR FACE-MASK

DUST MASK DISPOSABLE

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The diagrams below show you how to perform a simple 'fit-test'. If you are still unsure whether your mask is fitted correctly, speak to your supervisor - they will assist you in carrying out this test.

Please note this does not replace the need for 'face fit' testing'. Once you have been 'face fit' tested for your mask, you should then carry out a pre-use seal check or fit check every time the mask is worn.

BEFORE YOU START:

- Wearers must be clean-shaven to get a good seal.
- Long hair must be tied back – long hair or sideburns can get trapped in the seal and cause leaks.

PERFORMING A SIMPLE 'FIT-TEST' WITH A MASK WITHOUT AN EXHALE VALVE FITTED

1

- Place the fingertips of both hands at the top of the metal nosepiece.
- Mould the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.
- Pinching the nosepiece using one hand may result in less effective respirator performance.



2

- The seal of the respirator on the face should be fit-checked prior to wearing in the work area.
- Cover the front of the respirator with both hands, being careful not to disturb the position of the respirator
- Exhale sharply
- A positive pressure should be felt inside the respirator. If any leakage is detected, adjust position of respirator and/or tension strap.
- Retest the seal.
- Repeat the procedure until the respirator is sealed properly.



PERFORMING A SIMPLE 'FIT-TEST' WITH A MASK THAT HAS AN EXHALE VALVE FITTED

1

- Using both hands, mould metal nosepiece comfortably to shape of your nose.

2

- The seal of the respirator on the face should be fit-checked prior to wearing in the work area.
- Cover the front of the respirator with both hands, being careful not to disturb the position of the respirator.
- Inhale sharply.
- A negative air pressure should be felt inside the respirator. If any leakage is detected, adjust the position of the respirator and / or tension of the strap.
- Retest the seal.
- Repeat the procedure until the respirator is sealed properly.



IMPORTANT

- Straps should be pulled tight firmly but not painfully.
- The upper strap should be positioned over the crown of the head, above the ears.
- The lower strap should go round the back of the neck
- Remember to open the mask out fully before performing a 'Fit-Test'!



I HAVE READ AND UNDERSTOOD THE ABOVE:

[illegible][illegible]



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