




SOUTHALLS
DEFINING SAFETY EXCELLENCE

HOW TO CHECK THE FIT OF YOUR FACE-MASK

HALF-FACE

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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:

- Do not use with beards or other facial hair that may inhibit contact between the face and the edge of the respirator.

PERFORMING A POSITIVE PRESSURE FIT CHECK

- Block the exhalation valve with the palm of your hand. Gently exhale and hold for about 10 seconds.
- Check to see if the facepiece is bulging slightly.
- If the facepiece remains bulging and there are no air leaks between your face and the facepiece, your respirator fits properly. Also, if you do detect leaks, readjust the straps and check again for a proper fit.



PERFORMING A NEGATIVE PRESSURE FIT CHECK

- Block the cartridges/filters with the palms of your hands.
- Gently inhale and hold for about 10 seconds.
- Check to see if the facepiece is collapsing slightly.
- If the facepiece remains collapsed and there are no air leaks between the face and facepiece, you have a properly fitting respirator. Also, if you detect leaks, readjust the straps and check again for a proper fit.
- Repeat the procedure until the respirator is sealed properly.



I HAVE READ AND UNDERSTOOD THE ABOVE:

[illegible][illegible]



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