

Fit Checking

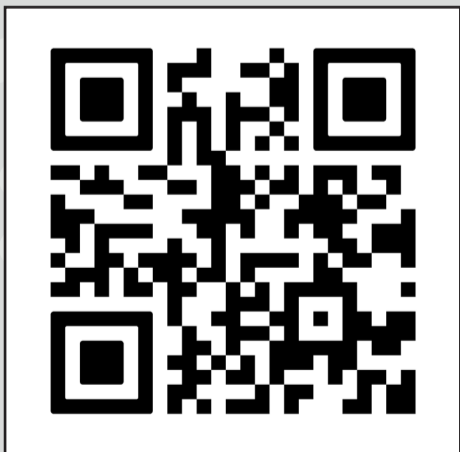
Perform a fit check each time you wear a P2 or N95 respirator to identify an adequate seal and ensure you have correctly fitted the respirator.

Don the respirator correctly

1. Perform hand hygiene and check that the respirator is not damaged, before donning the respirator.
2. Open the respirator by separating the edges apart.
3. Cup the respirator to your chin and place the straps over your head.
4. Conform the respirator to your face by pressing with your fingers across the bridge of the nose until it fits snugly.

How to perform a fit check

- Check for air leaks by placing both hands above and below the respirator whilst exhaling without disturbing the fit of the respirator.
- If you can feel air escaping, you do not have a good facial seal. Re-adjust the respirator by shifting the position of the respirator up or down your nose bridge, remoulding the nose wire and checking respirator edges sit snugly against the face.
- After adjusting, repeat the fit check.
- Once you have no air leaks, you have an adequate seal and can proceed.



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