

Fit Test vs Fit Check

Know the differences

Protection from airborne contaminants



Fit is **critical** – one size does NOT fit all

These are as **serious** as physical hazards



Responsibility is shared by employer and wearer

Fit Test - the responsibility of the employer

Required in all industries where tight-fitting facepieces are used as a control measure

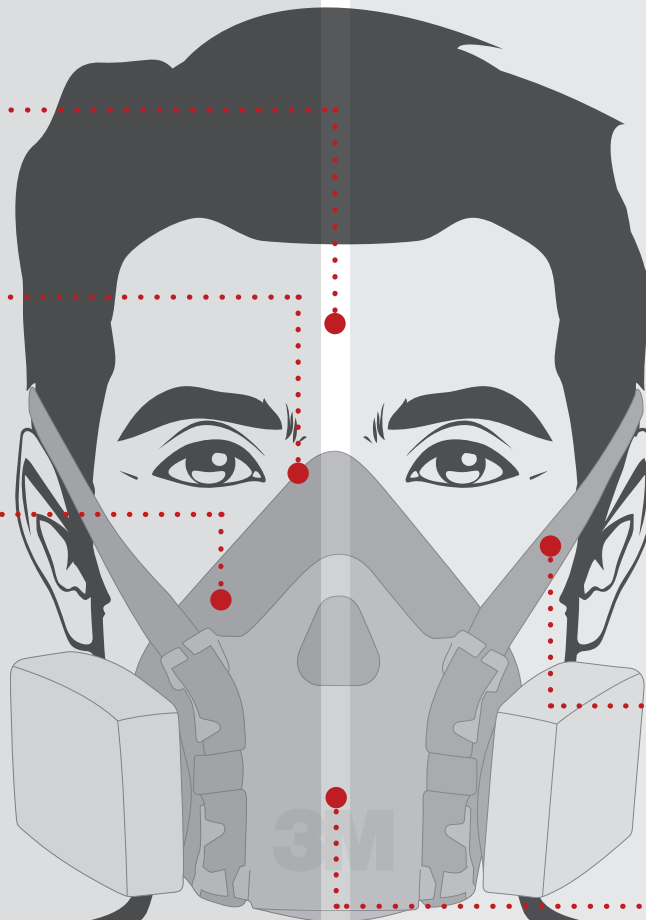
Faces can vary widely in shape, size and proportion, so selecting the correct model is vital for safe fit

Protection relies on achieving a **good seal** between the facepiece and the wearer's face

Tight-fitting respirators should be tested: disposable respirators, reusable half masks and reusable full-face masks

Fit Testing should happen during the initial selection of RPE, **before** being worn in a hazardous environment

The most common **Fit Test methods** are the Qualitative Taste Test and Quantitative Particle Counting Device



Fit Check - the responsibility of the wearer

The practice of the wearer **checking** their respirator for fit every time it is used

Work-related respiratory disease may be reduced when workers **understand** how to check that their device is positioned correctly

Fit Checking is not a regulatory requirement but should be regarded as good practice by the wearer

It is important for users to be **trained** in the technique required for their model of respirator

Following a successful fit test, the wearer is responsible for checking for fit **every time** the respirator is put on

When fit checking, wearers use negative and positive **pressure** techniques to judge the quality of fit

Visit our website for more details on Fit Testing and Fit Checking www.3m.co.uk/fittestrespirator

