

# PRINCIPLES OF FIT CHECKING

## HOW TO DON AND FIT CHECK FOR P2 RESPIRATOR

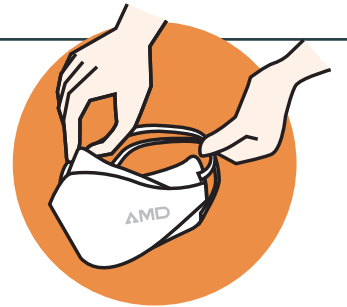
### Step 1

Perform hand hygiene



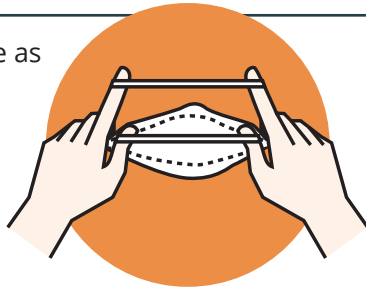
### Step 2

Select the P2/N95 mask that fits you well. Only touch the outer edges. Separate the edges and straps



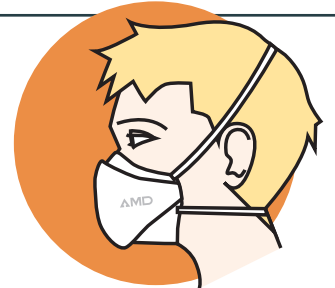
### Step 3

Put respirator on face as per on face as per manufacturer's instructions.



### Step 4

Place top strap above ears at top of head. Place bottom strap below ears



### Step 5

Place fingertips of both hands at the top of the nosepiece, using the fingers of each hand, to the shape of your nose. Pinching the nosepiece using only one hand may result in less effective respirator performance.



### Step 6

Once a good facial fit has been achieved, proceed to Steps 6a. and 6b.



### 6a. Positive Seal Check

Exhale sharply. The respirator should fill up with air. Check for air leakage around the edges. If leakage, adjust the position and/or tension straps.

### 6b Negative Seal Check

Inhale deeply. The respirator should draw in and slightly collapse towards the face. Leakage will result in loss of negative pressure in the respirator due to air entering through gaps in the seal. If leakage, adjust the position and/or straps and repeat seal check.

There is slight variation in fit check recommendations for different brands of respirator. Always check the manufacturer's instructions for use