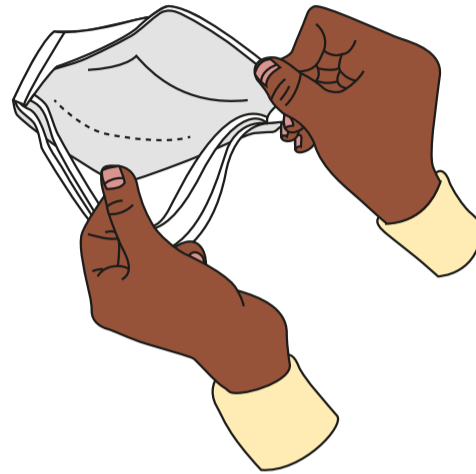


Principles of fit check for P2/N95 respirator



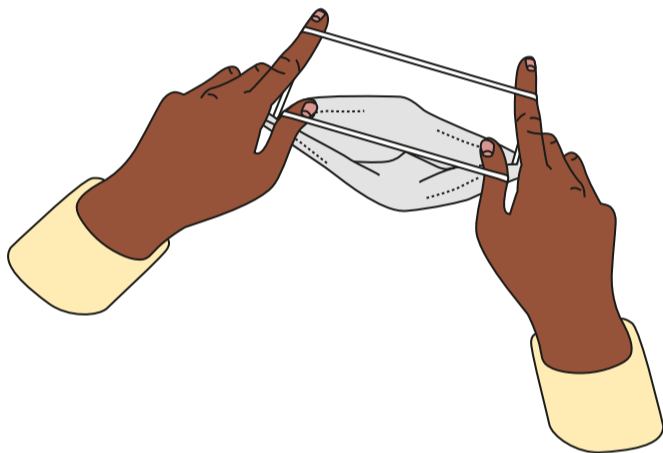
Step 1

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 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. Conform 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.

Step 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.

Step 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.

Continue to fit PPE in the recommended order.



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

Adapted from WHO Western Pacific Region, Sunshine Coast Hospital and Health Service and NSW Government Clinical Excellence Commission