

Wearing FFP3 and Fit Check



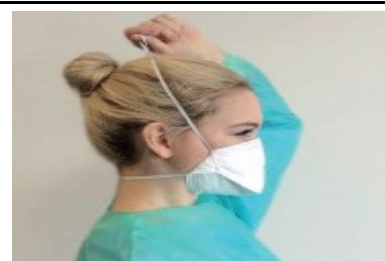
Prepare

Hold the respirator and separate the edges to fully open it. If present bend the nose wire in the centre at the top to form a gentle curve.



Don

Position the respirator with the bottom strap at the back of your head below your ears and the upper headband on the crown on the top of your head above the ears



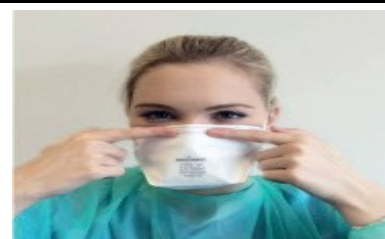
Position

Ensure that the respirator is flat against your cheeks and under your chin, if not then reposition the straps until you achieve a good fit



Mould

Mould the nosepiece across the bridge of your nose by firmly pressing down with your fingers until you have a good seal



Fit check

Cover the front of the respirator with both hands. For an **unvalved** product exhale sharply, a successful fit check is where there is no air leaking from the edges of the respirator. For **valved** masks inhale sharply, a successful fit check is where the mask will collapse slightly on to your face and you should not feel air around the seal when you perform the fit check.



Dispose

Remove the respirator by holding the straps and lifting them over your head, then dispose of the respirator. Do not touch the respirator it may be contaminated

