



## COVID-19 (Coronavirus)

# Correct use of PPE

# P2/N95 mask

## How to perform a fit check

Fit checking is the appropriate minimum standard at the point of use for healthcare workers using P2/N95 respirators.

Fit checking involves a quick check – each time the mask is put on – to ensure that the respirator is properly applied, that a good seal is achieved over the bridge of the nose and mouth and there are no gaps between the respirator and face.

**No clinical activity should be undertaken until a satisfactory fit has been achieved.**

### FIT STEP CHECKS



- 1. Place** the mask on your face.
- 2. Place** the headband or ties over your head and at the base of your neck.
- 3. Compress** the respirator to ensure a seal across your face, cheeks and the bridge of your nose.
- 4. Check** the positive pressure seal of the respirator by gently exhaling. If air escapes, the respirator needs to be adjusted.
- 5. Check** the negative pressure seal of the respirator by gently inhaling. If the respirator is not drawn in towards your face, or air leaks around the face seal, readjust the respirator and repeat process, or check for defects in the respirator.
- 6. Always refer to the manufacturer's instructions** for fit checking of individual brands and types of P2/N95 respirators.

Several companies supply masks for Queensland Health.

For further information, please read the product information that is supplied with the product or see the company web page.

If you have facial hair (including a one to two day beard growth) be aware that an adequate seal cannot be guaranteed.

For further information please refer to your local Infection Control Unit or visit [qheps.health.qld.gov.au/metronorth/coronavirus](https://qheps.health.qld.gov.au/metronorth/coronavirus)



**Queensland**  
Government