

# How to perform a fit check – P2/N95 mask



A formal **Fit Test** should have occurred for all Metro North staff routinely required to wear an N95/P2 mask. This ensures staff are using a brand and size of mask that provides a secure seal.

A fit check 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 that there are no gaps between the respirator and the face.

**No clinical activity should be undertaken until a satisfactory fit check 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.

**If you are required to wear an N95/P2 mask in an Emergency and have not had a formal Fit Test, please ensure your immediate safety with a careful fit check but book for an early Fit Test. Facial hair (including a one- or two-day beard growth) makes a secure fit with an N95/P2 mask extremely difficult. Be aware that an adequate seal cannot be guaranteed.**

**For further information refer to your local Infection Control Unit**