

# Fit Test vs Fit Check

## Know the differences

Protection from  
airborne contaminants



Fit is **critical** – one  
size does NOT fit all

These are as **serious**  
as physical hazards



**Responsibility** is shared  
by employer and wearer

### Fit Test - the responsibility of the employer

**Required** in all industries where tight-fitting  
facepieces are used as a control measure

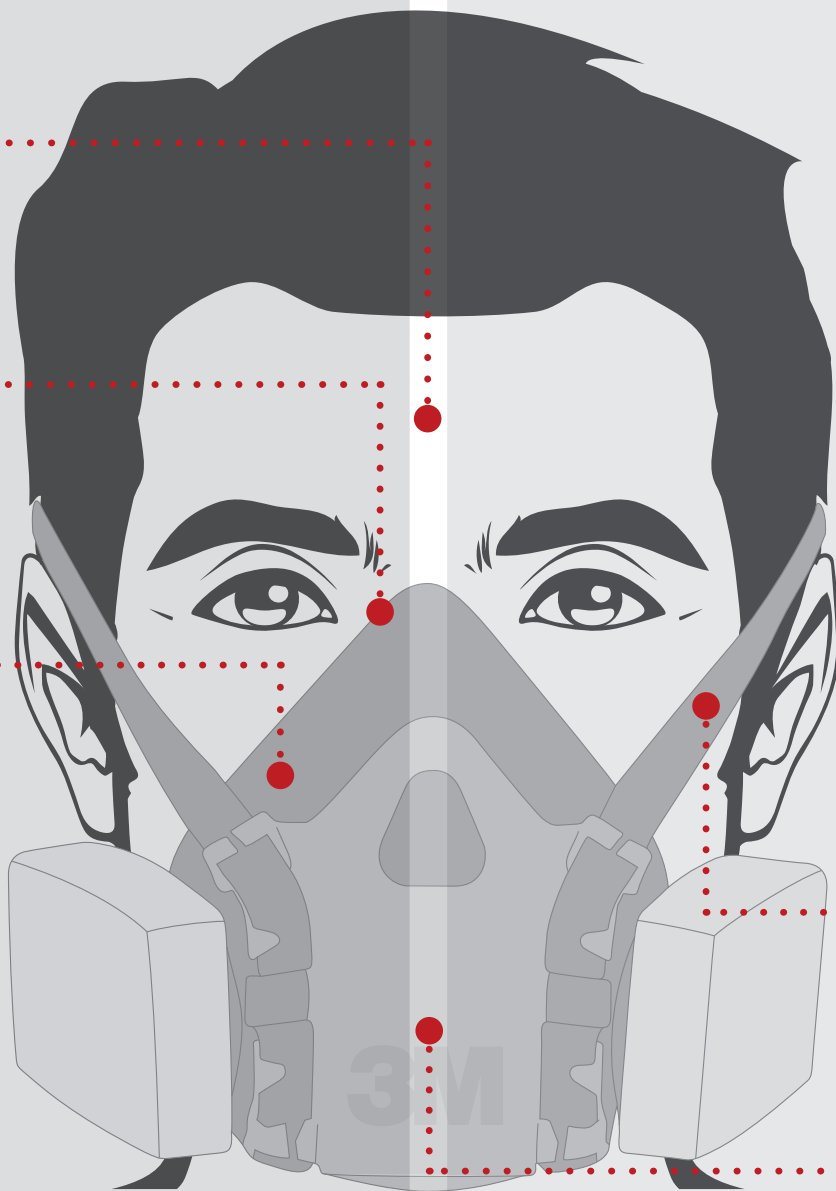
**Faces** can vary widely in  
shape, size and proportion,  
so selecting the correct  
model is vital for safe fit

Protection relies on  
achieving a **good seal** be-  
tween the facepiece  
and the wearer's face

**Tight-fitting** respirators  
should be tested:  
disposable respirators,  
reusable half masks and  
reusable full-face masks

**Fit Testing** should happen  
during the initial selection of  
RPE, **before** being worn in  
a hazardous environment

The most common **Fit Test  
methods** are the Qualitative  
Taste Test and Quantitative  
Particle Counting Device



### Fit Check - the responsibility of the wearer

The practice of the wearer **checking** their res-  
pirator for fit every time it is used

Work-related respiratory  
disease may be reduced when  
workers **understand** how  
to check that their device is posi-  
tioned correctly

**Fit Checking** is not a  
regulatory requirement but  
should be regarded as good  
practice by the wearer

It is important for users to be  
**trained** in the technique re-  
quired for their model  
of respirator

Following a successful fit test,  
the wearer is responsible for  
checking for fit **every time**  
the respirator is put on

When fit checking, wearers  
use negative and positive  
**pressure** techniques to  
judge the quality of fit

Visit our website for more details on Fit Testing and Fit Checking [www.3M.co.uk/fittestrespirator](http://www.3M.co.uk/fittestrespirator)

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