

## Fit Test vs Fit Check. Know the differences.

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



**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 between 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 respirator for fit every time it is used.

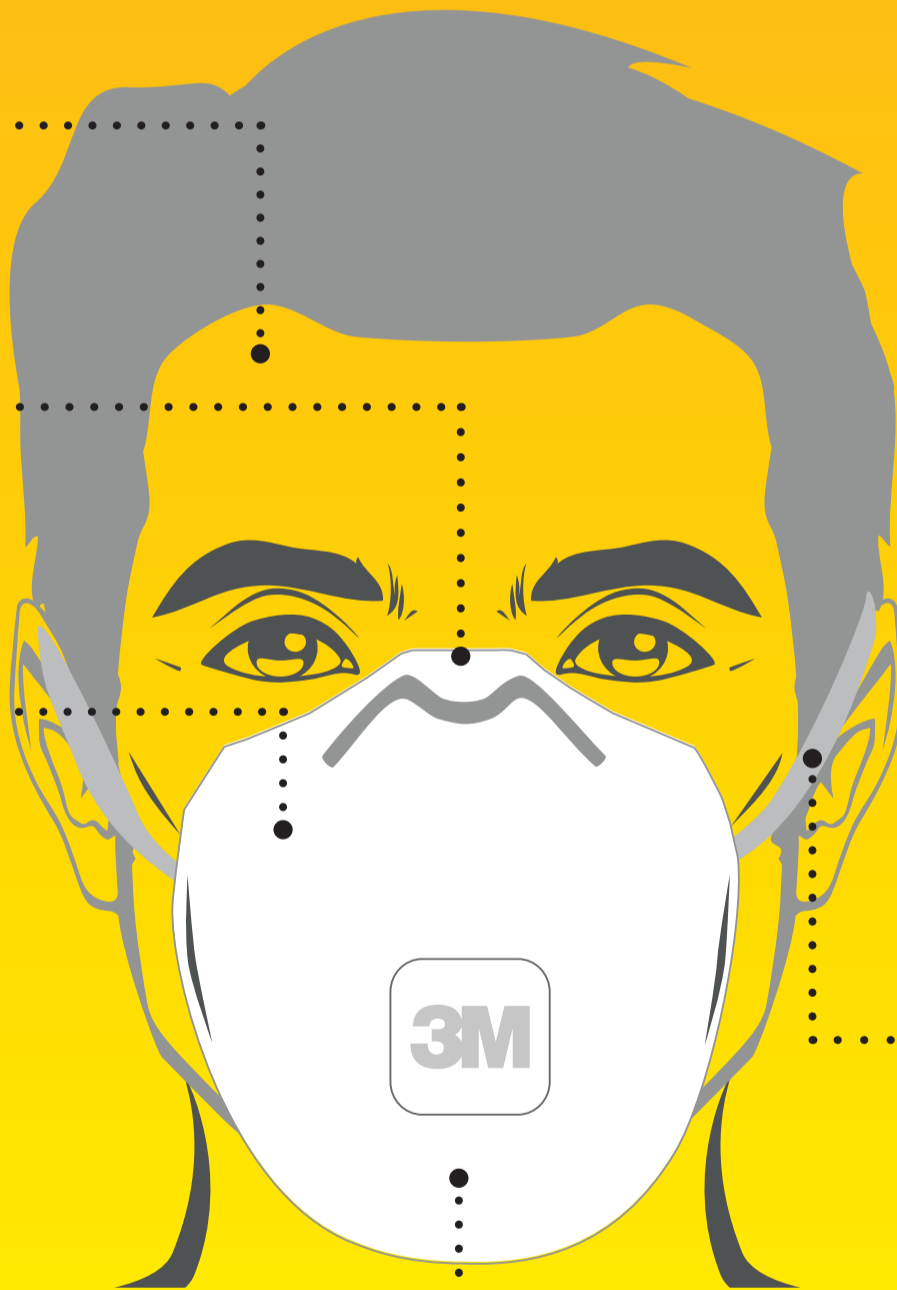
Work-related respiratory disease may be reduced when workers understand how to check that their device is positioned correctly.

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 required 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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