

# Fit test vs fit check

## Know the differences



Protection from airborne contaminants



These are as serious as physical hazards



Fit is critical – one size does not fit all



Shared responsibility

### 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

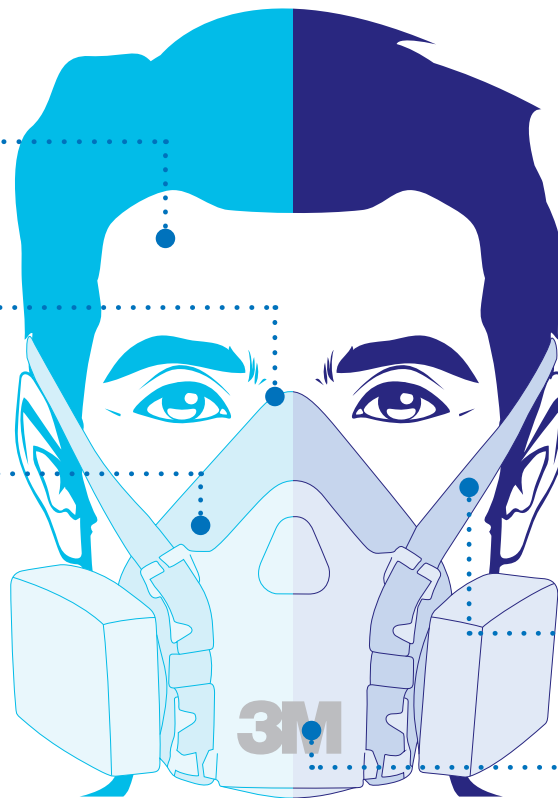
Work-related respiratory disease may be reduced when workers understand how to check that their device is positioned correctly

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)