



COMPLY WITH THE LAW  
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The recommended fit testing exercises for both Qualitative tests are:

- Normal Breathing
- Deep Breathing
- Head Side to Side
- Head Up and Down
- Bending
- Grimace
- Talking
- Normal Breathing

PROTECT YOUR EMPLOYEES

## QUALITATIVE Face Fit Testing

The COSHH (Control of Substances Hazardous to Health) Regulations include a requirement that the initial selection process for all tight-fitting face pieces should include face-fit testing to ensure the wearer has a correctly fitting device.

For many organisations this requirement has been overlooked which means that their employees may be at risk from exposure to hazardous dusts and vapours in their work environment because they simply do not know whether their respiratory protective equipment (RPE) is fitted properly.

Occupational asthma is a serious health issue in the workplace, with particular concern regarding asbestos and silica in the building industry, dusts and vapours in manufacturing and not forgetting that the employer must comply with legislation.

Select Health and Safety Ltd are able to provide on-site qualitative face-fit testing service for your employees.

Our service doesn't stop there – we ensure that your employees know how to fit their RPE correctly and we provide a briefing on employees' occupational health and safety on a one to one basis. Our service is not just about passing a test, it includes educating the workforce, as we all have our part to play to reduce ill health in business.

RPE fit testing is required for all tight-fitting face pieces including all filtering face pieces (disposable face masks), half masks and full-face masks. This includes negative pressure full-face masks as well as power-assisted full masks, and both self-contained and air-fed breathing apparatus.

If you provide RPE to your employees then it is essential that you have documentary evidence to show that the RPE fits the wearer.

Only after a face-fit test for the wearer can you be sure that your organisation is fulfilling the requirements set out in the Health & Safety Executive's (HSE) Guidance Note HSE 282/28.

Face-Fit Testing is also required under both the Control of Asbestos Regulations 2006 ACoP L143 (paragraph 196) and the Control of Lead at Work Regulations 2002 ACoP L132 (paragraph 133).

The HSE information document 282/28 recommends that Fit Testing procedures should comprise a series of 7 exercises which should be performed for at least one minute each. The wearer must achieve an individual pass result in each of the 7 test exercises within one single testing period. i.e. if any one of the exercises fails then the whole test must be repeated. Select Health and Safety Ltd take care of this for you as part of their service.

The minimum time required to conduct one face-fit test is 20 minutes with additional time required for training users how to use their RPE correctly.