

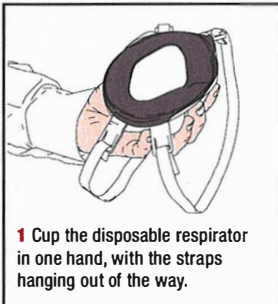
*Temporary measure until face-fitting can be organised*

# Using disposable respirators

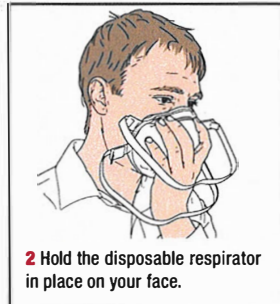
## Pre-use checks

- You should be clean-shaven around the face seal to achieve an effective fit when using disposable respirators. Beards and stubble will stop the disposable respirator sealing to your face and protecting you properly
- Make sure it is the right disposable respirator for your work and for you - have you passed a face fit test in this disposable respirator?
- Make sure the disposable respirator is clean and undamaged before you use it
- Follow the manufacturer's instructions for checking the disposable respirator and putting it on
- Check the fit every time you put on the disposable respirator to ensure there are no leaks

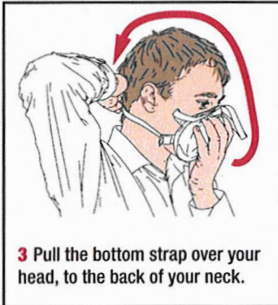
## Putting the disposable respirator on and checking it fits



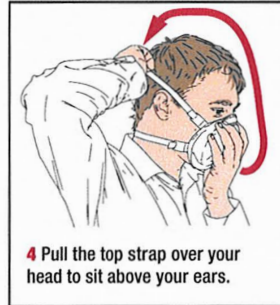
**1** Cup the disposable respirator in one hand, with the straps hanging out of the way.



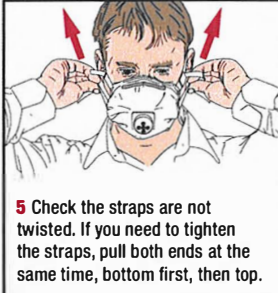
**2** Hold the disposable respirator in place on your face.



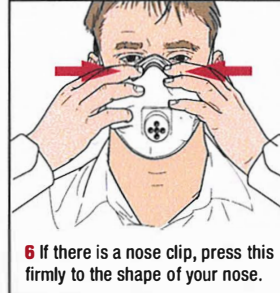
**3** Pull the bottom strap over your head, to the back of your neck.



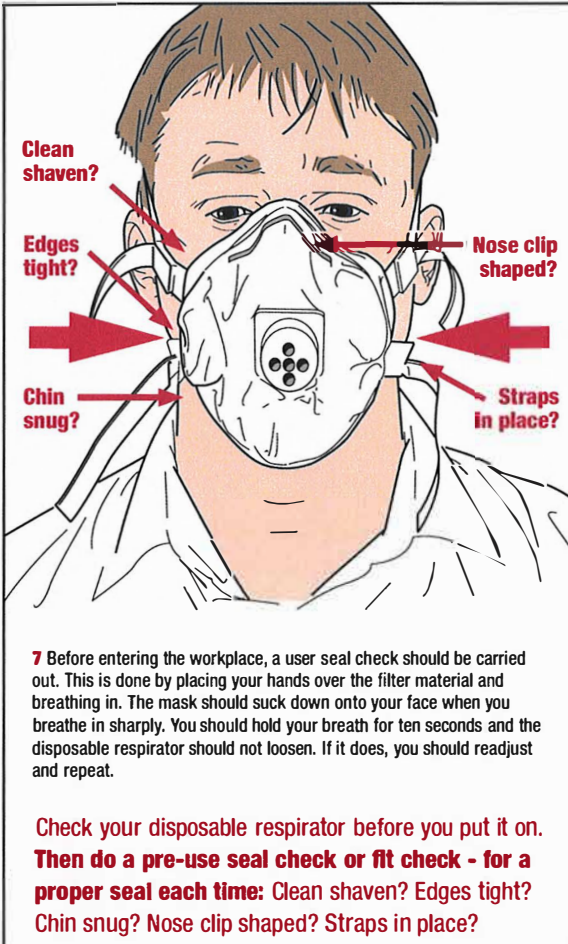
**4** Pull the top strap over your head to sit above your ears.



**5** Check the straps are not twisted. If you need to tighten the straps, pull both ends at the same time, bottom first, then top.



**6** If there is a nose clip, press this firmly to the shape of your nose.



**7** Before entering the workplace, a user seal check should be carried out. This is done by placing your hands over the filter material and breathing in. The mask should suck down onto your face when you breathe in sharply. You should hold your breath for ten seconds and the disposable respirator should not loosen. If it does, you should readjust and repeat.

**Check your disposable respirator before you put it on. Then do a pre-use seal check or fit check - for a proper seal each time: Clean shaven? Edges tight? Chin snug? Nose clip shaped? Straps in place?**

This poster illustrates a typical disposable respirator, there are many other types available. Follow the manufacturer's instructions on putting your type of disposable respirator on and checking it fits.

Visit [hse.gov.uk/respiratory-protective-equipment](https://www.hse.gov.uk/respiratory-protective-equipment) for more information