



3. Preventing and Controlling Healthcare-Associated Infection

P2/N95 Respirator Mask – Principles of Fit Checking QRG

A fit check is required to be done each time a P2/N95 respirator mask is applied. No clinical activity should be undertaken until a satisfactory fit has been achieved. This is the individual's OH&S responsibility to mitigate infectious risk to self.

Fit Check:

1. Gently inhale. When you breathe in, the mask should draw in slightly towards the face and collapse.
 2. Gently exhale. The mask should fill up with air. It is important at this stage that there is NO air leakage around the edges of the mask – use your hands to feel any air leaking.
- Facial hair (including a one- or two-day beard growth) will impair the ability to create an adequate seal. Males with facial hair should clean shave or not provide care to patients requiring P2/N95 masks due to the high risk of these infectious pathogens. If unable to shave they may need to be reassigned care.
 - It is important that the wearer can create a tight seal with will protect them from risk of exposure or infection.
 - There must not be any air leakage around the edges of the mask when worn.
 - P2/N95 respirator masks are available in several different designs with only one shown here in the donning of the respirator mask.
 - The 10 steps below will guide the user in the correct application for donning the respirator mask before completing the fit check.

PRINCIPLES OF FIT CHECKING

HOW TO DON AND FIT CHECK P2 AND N95 MASKS

A P2 and N95 mask offers protection from diseases spread by airborne transmission

1. SEPARATE THE EDGES OF THE MASK TO FULLY OPEN IT
2. BEND THE NOSE WIRE TO FORM A GENTLE CURVE. THE NOSE WIRE REPRESENTS THE TOP OF THE MASK
3. HOLD THE MASK UPSIDE DOWN TO EXPOSE THE TWO HEADBANDS
4. USING YOUR INDEX FINGERS AND THUMBS, SEPARATE THE TWO HEADBANDS
5. WHILE HOLDING THE HEADBANDS CUP THE MASK UNDER YOUR CHIN
6. PULL HEADBANDS UP AND OVER YOUR HEAD
7. PLACE AND POSITION THE LOWER HEADBAND AT THE BASE OF YOUR NECK (UNDER YOUR EARS)
8. PLACE THE UPPER HEADBAND ON THE CROWN OF YOUR HEAD. THE BAND SHOULD RUN JUST ABOVE THE TOP OF YOUR EARS
9. GENTLY CONFORM/PRESS THE NOSEPIECE ACROSS THE BRIDGE OF YOUR NOSE BY PRESSING DOWN WITH FINGERS UNTIL IT FITS SNUG
10. CONTINUE TO ADJUST THE MASK AND EDGES UNTIL YOU FEEL YOU HAVE ACHIEVED A GOOD AND COMFORTABLE FACIAL FIT

FIT CHECK

A 'FIT CHECK' MUST BE PERFORMED EACH TIME A P2 AND N95 MASK IS WORN

11. GENTLY INHALE. WHEN YOU BREATHE IN THE MASK SHOULD DRAW IN SLIGHTLY TOWARD THE FACE AND COLLAPSE
12. GENTLY EXHALE. THE MASK SHOULD FILL UP WITH AIR. IT IS IMPORTANT AT THIS STAGE THAT THERE IS NO AIR LEAKAGE AROUND EDGES OF MASK.

BRANDS OF P2 AND N95 MASKS VARY SLIGHTLY. ALWAYS REFER TO MANUFACTURERS INSTRUCTIONS.

IF YOU HAVE NOT ACHIEVED A SUCCESSFUL FIT AS INSTRUCTED ABOVE IT IS IMPORTANT THAT YOU SEEK ADVICE OR HAVE SOMEONE ASSIST YOU WITH FITTING AND CHECKING YOUR MASK, AS AN INCORRECTLY FITTED MASK WILL NOT PROVIDE YOU WITH THE INTENDED LEVEL OF PROTECTION FROM AIRBORNE INFECTIOUS DISEASES.

If you have not achieved a successful seal as instructed above, it is important that you seek advice or have someone assist you with fitting and checking your mask. An incorrectly fitted mask will not provide you with the intended level of protection from airborne infectious diseases.