FACE FIT TESTING.

What to expect.

We check the seal between your face and your respirator. Clear preparation. A guided test. An individual record.



FIT2FIT-TRAINED

ON-SITE TESTING

INDIVIDUAL RECORDS

Get your team ready.

This guide covers qualitative (taste) testing of FFP2, FFP3 and suitable reusable half masks. Full-face masks need quantitative testing.

30
MINUTES

Keep your palate clear.

For at least 30 minutes beforehand: no food, smoking, gum or drinks except still, unflavoured water. Please also avoid vaping.

01

Arrive freshly shaved.

Be clean shaven wherever the mask seals, for testing and each time it is worn. If you cannot shave, speak to us about suitable loose-fitting RPE.

02

Bring the exact respirator.

Have the make, model and size intended for work available, clean and undamaged. For reusable half masks, agree suitable P3 particulate filters with us before the visit.

03

Bring the PPE you wear with it.

Glasses, goggles, helmets and other head-worn PPE can affect the seal. Bring the items you normally use alongside your respirator.

04

Be ready to fit your own mask.

Wearers should already know how to put on their respirator and carry out its pre-use seal check. Tell us beforehand if further instruction is needed.

05

Tell us about any concerns.

Let us know about breathing conditions, relevant allergies, difficulty tasting, or movement restrictions. Your employer must confirm you are fit to wear the selected RPE; further assessment may be needed.

Preparation and RPE scope: sources 1, 2, 3 and 6. Vaping avoidance is SIUK booking advice.

A straightforward process.

We explain each stage before it starts, so you know exactly what to do.



YOUR MASK. YOUR FIT. YOUR RESULT.

01 Check and explain

We confirm your details, inspect the respirator and check that the test can proceed.

02 Check your taste sensitivity

You wear the test hood without a mask. We check whether you can detect the sweet or bitter solution. If you cannot, another agent or method is needed.

03 Fit and settle the mask

Once the taste has cleared, put on your mask and perform its seal check. We give you time to settle into it before testing.

04 Complete the fit test

The hood goes over your mask. Test mist is introduced while you complete the seven exercises. Breathe through your mouth and report any taste immediately.

Test sequence: sources 1, 4 and 6. Equipment is used in line with its manufacturer's instructions.

Seven simple movements.

AT LEAST ONE MINUTE PER EXERCISE

The tester guides you through the sequence while you stand and keeps the test mist topped up. Tell us beforehand if a movement is difficult.

01 Breathe normally
Keep your head still and breathe in your usual way.

02 Breathe deeply
Take slow, deep breaths without overbreathing.

03 Turn your head side to side
Move slowly to each side, as directed by the tester.

04 Move your head up and down
Look slowly up, then down, as directed.

05 Talk
Read aloud or count clearly so the tester can hear you.

06 Bend at the waist
Bend forward and return upright, following the tester's instructions.

07 Breathe normally again
Return to normal breathing, keeping your head still.

+ **Taste the solution or feel unwell? Tell the tester straight away.**
The test can be stopped. Do not adjust the mask during the exercises.

Exercise order and duration: source 1, Annex 2. Qualitative procedure: sources 4 and 6.

Clear results. Practical next steps.

IF YOUR MASK PASSES

A valid pass means you completed the exercises without tasting the solution.

The tester then guides a brief **"reveal"**: you deliberately break the seal and should taste the solution. This helps confirm the test worked. If you do not taste it, the result must be investigated and the full test repeated.

The pass applies to **you and that specific make, model and size**.

IF YOUR MASK FAILS

Tell us as soon as you taste the solution during the exercises. We stop and record a fail.

We check the mask, fitting and test equipment before deciding the next step. A retest repeats the full procedure, including sensitivity testing.

After two failed tests with the same facepiece, try another suitable make, model or size. Do not rely on the failed mask for protection.

Keep the record. Keep the fit.

Your individual test record identifies the wearer, respirator, method, date and result, with relevant PPE and tester details. Keep it with your RPE records and make it available to the wearer.

Continue to follow the mask instructions and check the seal every time it is worn. A fit test does not confirm that a mask or filter is suitable for every hazard; that remains part of your workplace RPE assessment.

When should testing be repeated?

Retest if the mask or other PPE changes, or facial changes (including weight changes or dental work) could affect fit. Fit2Fit recommends two-yearly testing, sooner where needed. A pass is not an unconditional two-year guarantee.

Result, records and use: sources 1-4 and 6. Repeat-testing recommendation: source 5.

Your team.
Tested at your workplace.

Middlesbrough, Teesside and the North East.
Wider UK and multi-site visits by arrangement.

SEND US

- ✓ Your workplace postcode.
- ✓ The number of people and masks.
- ✓ Mask make, model and size.
- ✓ Preferred dates and shift times.

PLAN FOR THE VISIT

- ✓ A clean, well-ventilated room.
- ✓ A table, water and space to bend.
- ✓ Around 30 minutes per person, per mask.
- ✓ Extra time for retests or other masks.

We confirm the schedule, quote, travel arrangements and any additional testing charges before the visit. Each wearer / mask combination is a separate test.

LET'S ARRANGE YOUR TESTING

0330 1226 337

help@safetyinspectors.co.uk

View the service and request a booking

GUIDANCE BEHIND THIS BROCHURE

1 HSE INDG479 - fit testing
2 HSE - fit testing basics
3 HSE HSG53 - RPE at work
4 Fit2Fit - qualitative companion
5 Fit2Fit - frequently asked questions
6 3M - qualitative testing guidance

Guidance checked 3 November 2026. HSE INDG479 references BS ISO 16975-3 for fit-testing procedures. This is a customer guide, not a tester-training manual. Images are AI-generated illustrations of the service.