

**How to fit an FFP3 Particulate Filter Respirator Mask. Please** **Worcestershire**  
**for the types of mask available in the Trust (3M, Easimask).** **Acute Hospitals**

**RESPIRATORY PROTECTION FOR HEALTH CARE WORKERS**

**Fitting a 3M™ 1863 Unvalved FFP3 Respirator**

Model: 1863, unvalved, FFP3, EN149: 2001

(if a 3M valved respirator is used, such as the 3M 1873v valved FFP3, then refer to the appropriate Fitting Instructions for this model)

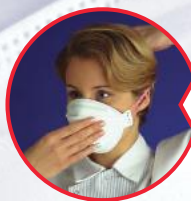


**1** The noseclip is located in the top panel. Pre-form it by gently bending the centre of the panel with thumb and index finger. Hold the respirator in one hand and pull out the bottom panel.

Turn the respirator over to expose the headbands, letting them hang free.



**2**



**3** Cup the respirator under your chin and pull the headbands over your head. Place the lower band below your ears and the upper band across the crown of your head.

Adjust the top and bottom panels for a comfortable, snug fit.



**4**



**5** Using both hands, mould the noseclip to the shape of the lower part of the nose. Pinching the nosepiece with only one hand can result in less effective respirator performance.

Cup both hands over the respirator and exhale sharply. You should feel a slight positive pressure inside the facepiece. If you do not, then reposition the facepiece and noseclip, and repeat the check.



**6**



**7** To remove the respirator, take the corners of the respirator on both sides of your face between finger and thumb. Lift the respirator away from the face and then upwards, until the headbands come free from your head. As far as possible avoid touching the facepiece with your hands. Dispose of the respirator immediately in a clinical waste bag. DO NOT RE-USE. Wash hands after disposal



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NHS Trust



## Face Fit Awareness

Please ensure that you follow these six steps to fit your respirator correctly:

### 1. Prepare



Hold the respirator and separate the edges to fully open it. Bend the nose wire in the centre at the top to form a gentle curve.

### 2. Don



Position the respirator with the bottom strap at the back of your head below your ears and the upper headband on the crown on the top of your head above the ears.

### 3. Check



Ensure that the respirator is flat against your cheeks and under your chin, if not then reposition the straps until you achieve a good fit.

### 4. Mould



Mould the nosepiece across the bridge of your nose by firmly pressing down with your fingers until you have a good seal.

### 5. Fit Check



Cover the front of the respirator with both hands. For an unvalved product exhale sharply, for a valved product inhale sharply. A successful fit check is where there is no air leaking from the edges of the respirator.

### 6. Dispose



Remove the mask by holding the straps and lifting them over your head, then dispose of the mask. Do not touch the mask – it may be contaminated.

Follow your local infection control/PPE guidelines

**PPE should be worn in this area**

Please be aware that our fit testing is mask and brand specific. Ensure you are wearing the Easimask® for which you received fit testing.

Additional supplies of Easimask® can be ordered via NHS Supply Chain

**FSM9 BTP150 (valved) FSM15 BTP076 (unvalved).**

Alternatively the closest department stocking this product is:

Fit testing should be carried out by a trained competent fit tester. Your department fit tester is:

For emergencies, please call our dedicated 24hr hotline: **01933 672180**  
[www.fullsupporthealthcare.com](http://www.fullsupporthealthcare.com)

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Duckbill Unvalved FSM16 Duckbill Valved FSM14



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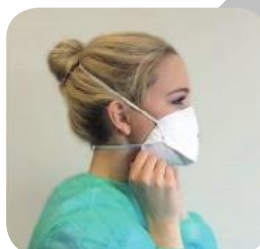
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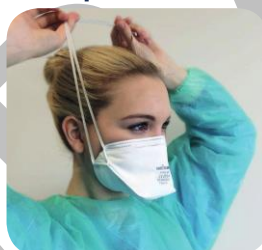
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Additional supplies of Easimask can be ordered via NHS Supply Chain

**FSM16 BTP059 (unvalved) FSM14 BTP148 (valved).**

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