



LIGHTHOUSE RISK SERVICES

Face Fit Testing

Instruction to Delegates

 **LIGHTHOUSE**

guiding you through
health & safety and employment law

If you have been booked to receive a Face Fit Test from Lighthouse Risk Services LLP, we ask you to please read the information contained within this document to ensure that the test can be undertaken as quickly and effectively as possible.

What is Face Fit testing for?

The purpose of a face fit test is to establish that your Respiratory Protective Equipment (RPE) fits you properly, and provides an adequate face seal.

Having an appropriately fitting RPE can be the difference between working healthily and contracting an occupational disease or infection.

What do I need to do before the test?

In order to undertake the test effectively, please follow the below guidelines before and during the exercise:

- You **MUST** be clean shaven in the area where the mask seals to the face. Clean shaven means that a close shave with a razor or electric shaver has been undertaken within the period 24 hours prior to the test.

****For further guidance on Facial Hair, please see overleaf****

- Please **DO NOT** smoke at least two hours before the test
- Please **DO NOT** eat or drink anything other than water in the period two hours before the test
- **BRING THE RPE (MASKS)** that you currently wear on site, along with spares if multiple tests are required
- If you normally wear any additional Personal Protective Equipment whilst conducting your day to day duties that may affect how your RPE fits (Eyewear, Headwear etc), please bring these with you also

We look forward to seeing you for your test.



Facial Hair Good Practice

Facial hair and stubble in the face seal area is prohibited for Face Fit test purposes.

This is because facial hair can prohibit the effective use of RPE by affecting the seal between skin and respirator.

Any break in this seal can allow airborne hazards to penetrate into the mask and be inhaled.

There are some exceptions to the clean shaven rule which are depicted below.

Please note that if Lighthouse perceive that facial hair is encroaching into the mask sealing area then we will refuse to conduct a Face Fit Test on the individual concerned.

The **red area** depicts the respirator seal. There should be no facial hair in this area.

Acceptable



Minimal Goatee (front of chin) and side burns

Unacceptable



Over 16 hours stubble



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