

We have scheduled convenient mask fit testing clinics to accommodate your schedule

## Contact Us

@ [elft.fittesting@nhs.net](mailto:elft.fittesting@nhs.net)

Or call our Fit Testing Coordinator

 07813125999



**We care**  
**We respect**  
**We are inclusive**

# YOUR HEALTH IS OUR PRIORITY

## What is Fit Testing?

FFP3 masks are essential requirement for performing CPR within the Trust, and they are also used to prevent staff exposure to harmful viruses during Aerosol Generating Procedures (AGP).

## Why Is Mask Fit Testing Important?

Mask fit testing is a crucial aspect of our occupational health and safety program. It plays a significant role in protection both you and your colleagues from potential respiratory hazards that may be encountered in the workplace.

## The primary goals of mask fit testing include:

### ✓ Ensuring Proper Protection:

Different individuals have varying facial structures, and not all masks fit everyone equally. The fit test helps identify the right mask size and type to ensure an airtight seal, thereby maximizing the mask's effectiveness in filtering out airborne contaminants.

### ✓ Preventing Respiratory Illness

By wearing a properly fitted mask, you reduce the risk of inhaling harmful particles, pathogens, or contaminants that could lead to respiratory illnesses.

### ✓ Compliance with Regulations

Mask fit testing is a requirement mandated by both NHS trusts and the DHSC to ensure FFP3 resilience at both the national and organisation level for any future new variant of concern, or another respiratory virus that may lead to an epidemic or a pandemic.

Care  
Respect  
Inclusivity

**NHS**  
East London  
NHS Foundation Trust

## FIT TESTING SERVICE



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