

Face Fit Testing



PARKSTONE
GROUP

REPUTATION BUILT ON
SOLID FOUNDATIONS

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Parkstone Group Limited

BHSEA
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It is Parkstone's policy to supply all relevant personnel with suitable respiratory protection.

Site management are trained as RPE testers and provided with a face fit testing kit for site use.

At the point of site induction, our site management undertake Face Fit testing on new operatives and provide the suitable RPE.



Face Mask Policy

Supply, fitting and use of close fitting face masks

It is Parkstone Group's policy to provide suitable face masks to those employees who are exposed to hazardous substances in the course of their employment. Any disposal masks provided should be used by the employee once only and disposed of; this is during one shift of normal working hours.

Types of masks

FFP3

Sub-Contract Workers

Individual Persons working for Parkstone on a self-employed basis will be entitled to free provision of suitable face masks in the same way direct employed personnel are. Sub-contract companies will be expected to supply their own employees with suitable RPE at no cost to their employees or the Parkstone Group.

Fit Testing

The performance of tight-fitting face pieces depends on achieving a good contact between the wearer's skin and the face seal of the face piece. As people come in all sorts of shapes and sizes it is unlikely that one particular type, or size of RPE face piece, will fit everyone. Inadequate fit will significantly reduce the protection provided to the wearer. Any reduction in protection can put the RPE wearer's life in danger or may lead to immediate or long-term ill health. Correct fitting of the face piece at all times is vital to prevent exposure and Parkstone Supervisors and operatives will receive suitable training, information and instruction on any RPE equipment supplied for their use.

Legal Requirements

Current legislation:

- The Health and Safety at Work Act 1974
- The Management of Health and Safety at Work Regulations 1999
- The Control of Substances Hazardous to Health Regulations (COSHH)
- The Control of Asbestos at Work Regulations (CAW)
- The Control of Lead at Work Regulations (CLAW)
- The Ionising Radiations Regulations (IRR)
- The Confined Spaces Regulations (CSR)

Signed: 

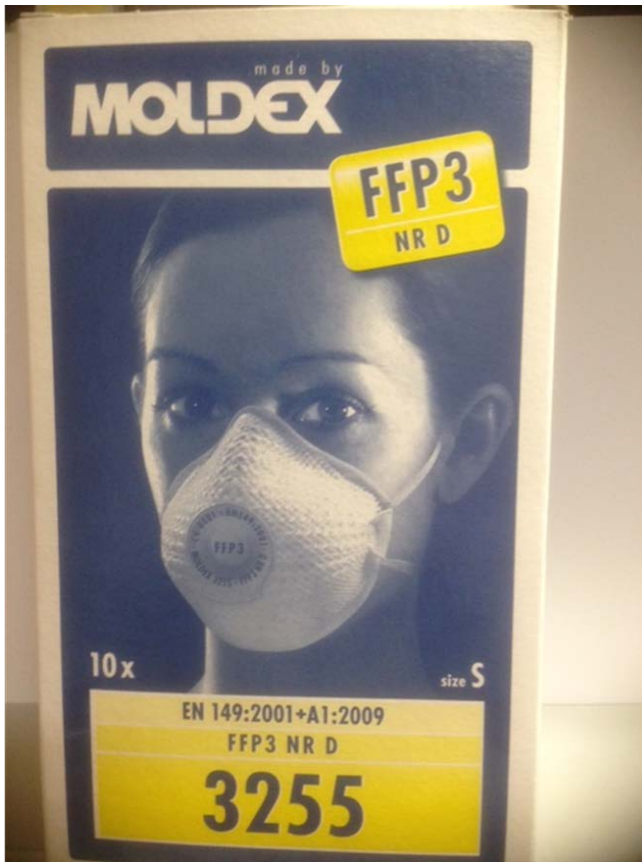
John Love
Managing Director
27th October 2014

PO18/V3

Our site management
undertake “Assessor Training”



Our chosen supplier for the Assessor training and equipment is supplied by Moldex.



Operatives undertake Face Fit testing and the records are kept on site and electronically loaded onto our database at head office.

These electronic records are accessible from all our sites by site management, so even if the personnel move sites, their training records are available by the next site Management team.

QUALITATIVE FIT TESTING EMPLOYEE RECORD

DETAILS OF PERSON BEING FIT TESTED
 NAME K CHARLES
 COMPANY / DEPARTMENT SITE UOB
SPORTS CENTRE

ASSESSOR INFORMATION
 FIT TEST DATE 9-9-14
 ASSESSOR NAME BOWELL
 COMPANY JARROLD
 ADDRESS UOB Sports Centre

MASK DETAILS
 MAKE MOLDEX MODEL FFP3
 SIZE 47 CONDITION NG
 OWNERSHIP OWN POOL TEST

PRE-TEST CHECK
 Within the last 15 mins have you:
 EATEN YES NO DRUNK ANYTHING YES NO
 SMOKED YES NO CHEWED GUM YES NO

SENSITIVITY TEST
 GROUP 1 HIGH SENSITIVITY 1-10 SQUEEZES
 GROUP 2 MEDIUM SENSITIVITY 11-20 SQUEEZES
 GROUP 3 LOW SENSITIVITY 21-30 SQUEEZES
Following the sensitivity test ask candidate to wipe their mouth & wash their hands. Offer candidate a drink of water.

PPE CHECK
 Do you wear prescription eyewear or any other PPE when using your RPE?
 YES Details Goggles NO
 The PPE / eyewear was worn during the fit test? YES NO
 Do you wear more than one type of tight fitting face mask? YES NO
 If yes please select one of the following
 Fit not suitable Fit not good Fit test is required

FITTING OF RPE
 Candidate donned RPE without assistance YES NO
 If no, refer to employer for additional training YES NO
 Refer Candidate for additional training YES NO
 Demonstrate & get candidate to perform a Pre-use Fit Check

FIT TEST EXERCISES
 Explanation of Fit Test Exercises & purpose of the exercises given Is the candidate able to perform the exercises? YES NO
Each exercise lasts for 60 seconds. At the START of the test wear 10, 20 or 30 squares according to the results of the sensitivity test. Top up whenever mouth feels every 30 seconds, using half the amount of squares 5, 10 or 15.

EXERCISES	DESCRIPTION	FIT FACTOR
1. Normal Breathing	The wearer should breathe normally with no head movements or talking	Fit Factor = 1 <input checked="" type="checkbox"/>
2. Deep Breathing	The wearer should breathe deeply and slowly, taking care not to over-hypermunch	Fit Factor = 1 <input checked="" type="checkbox"/>
3. Turning head side to side	The wearer should slowly turn their head from side to side between the extreme positions on each side	Fit Factor = 1 <input checked="" type="checkbox"/>
4. Moving head up and down	The wearer should slowly move their head up and down approximately 15-20 times per minute. The wearer should be comfortable while in the up position (i.e. when looking toward the ceiling)	Fit Factor = 1 <input checked="" type="checkbox"/>
5. Talking	The wearer should talk out loud clearly and loud enough so that he/she could be heard clearly by the fit tester. The wearer should read from a prepared text such as the following: Please or clear tones from 100	Fit Factor = 1 <input checked="" type="checkbox"/>
6. Bending over	The wearer should bend and bend of the waist to touch their toes, and then return to an upright position. Repeat approximately 10-15 times per minute.	Fit Factor = 1 <input checked="" type="checkbox"/>
7. Normal Breathing	The wearer should breathe normally with no head movements or talking	Fit Factor = 1 <input checked="" type="checkbox"/>

OVERALL FIT FACTOR
If Factor total for 100% candidate a pass or only fail if total for
 FIT TEST RESULTS PASS FAIL
 Overall Fit Factor = 100%
 FIT TEST RESULT

Number of repeat tests (if any) 0 Reasons for repeat tests N/A
If test is failed and a fit test is conducted on different premises please complete another Fit Test Certificate Form but keep a copy of the failed fit test for your records.
 Explanation of Fit Test Results given

NOTES

ASSESSOR SIGNATURE B. Bowell EMPLOYEE SIGNATURE K. Charles





With a number of our operatives now having beards for either Religious or personal reasons, we are looking into other types of suitable RPE currently on the market



As members of



We provide Tool Box Talks, Guidance notes and presentations of “Best Practice” for the protection of our operatives by the reduction of dust and fumes by our work methods as well as by providing RPE

CONSTRUCT AND DUST

Controlling Dust and Protecting People

Why this presentation?

- Dust now a major priority:
 - HSE and industry leaders looking for effort to eliminate and manage;
- **Need for change:**
 - In attitudes and actions of all project team members; and
- **Knowledge is first step:**
 - provide necessary baseline knowledge and information.

Why the raised priority for dust?

- **Harm:** causes a significant degree of ill-health
 - hundreds of cancers, diseases and deaths attributed to silica, wood and other dusts ... as deaths from accidents fall;
- **Exposure:** widespread and poor knowledge
 - dusty processes are common yet our knowledge of actual exposure and effectiveness of protection is limited;
- **Control:** increasingly practicable and required by law
 - over-reliance on protecting people with RPE rather than taking action on eliminating or controlling dust; and
- **Enforcement:** legal limits and increased HSE action
 - exposure limits set and HSE enforcing on control and RPE with major initiatives during June and Sept/Oct 2014 onwards

Think “Health as well as Safety”

- **Safety and Health In context**
 - 157,275 cancer deaths in 2010
 - 1754 road deaths in 2012
 - 8010 work related cancer deaths
 - 2566 asbestos (top cause)
 - 133 fatalities in 2012/13 (39 con)
 - 614 construction silica cancers in 2009
 - 0.5m days lost to safety in 2011/12
 - 1.7m days days lost due to health

“I think the dust came from there?”

Dust Management Core Principles

- **Project team responsibility**
 - **everyone** can make a difference on dust from designer to cleaner
- **Elimination and Control**
 - through planning, design and management is the **best** priority
- **Respiratory Protection**
 - RPE is a vital part of programme and the **last** line of protection
- **Effective ‘Programme’**
 - perhaps in long term elimination and control makes RPE unnecessary?

What is ‘Construction Dust’?

The protection of our operatives is reinforced daily by our:

Tool Box Talks,
Pre-Start daily briefings
& SSOW briefings

In addition,
working and non-working Supervisors are available to assess the activities and take additional action where required



No 62: EXPOSURES TO DUST AND FUMES

- **Reason:** Exposure to dust and fumes must be prevented or controlled
- **Why:** Breathing in dust or fumes can lead to long term health problems
- **Outline:** This talk will cover: some sources and dangers from dust and fumes, and examples of precautions that can be taken

- **Some Sources of Harmful Dust and Fumes**
- Cutting, sanding and grinding of some materials will create harmful dust
- Welding and gas cutting of metals can create harmful fumes
- Heating metals such as lead will create harmful fumes
- Work with old lead can expose you to lead oxide dust which is also harmful
- Burning off old lead-based paints can also create harmful fumes

- **Some Health Risks from Breathing in Dust or Fumes**
- Silica dust from cutting or scabbling concrete can cause lung disease
- Dust from cutting or sanding hardwood can cause nasal cancer
- Welding fumes can result in 'metal fume fever' which has flu, like symptoms
- Breathing in fumes from solvents and paint can lead to nausea, drowsiness, headaches and eventually unconsciousness and death in some cases

- **Precautions**
- Where it is possible, the job should be planned to eliminate harmful dust and fumes
- if elimination is not possible, dust and fumes must be controlled so they are not inhaled by anyone
- Some plant and tools are fitted with dust extraction and collection devices – always use them
- if your employer has provided portable dust extractors – use it
- it may be necessary to wear PPE to protect yourself, make sure you know how to use it properly
- Consider the effects that your work may be having on others around you

Thank You

