

FACE FIT TESTING TRAINING — LESSON PLAN

4-Hour Training Session

LEARNING OBJECTIVES

- ✓ Understand the legal requirements for face fit testing under COSHH and HSG53
- ✓ Identify the different types of respiratory protective equipment (RPE)
- ✓ Explain the difference between qualitative and quantitative fit testing
- ✓ Conduct a qualitative face fit test following the approved protocol
- ✓ Understand when fit testing must be repeated
- ✓ Maintain accurate fit test records and issue certificates

SESSION TIMETABLE (09:00–16:00)

09:00–09:15	Welcome & Introductions — Trainer introduces themselves and the course. Participants introduce themselves. Overview of the day, housekeeping, fire exits, breaks.
09:15–09:45	Icebreaker Activity — Icebreaker: RPE Type Identification. Teams are shown different types of RPE and must identify the type and appropriate use
09:45–10:30	Topic Introduction & Background — Introduction to Face Fit Testing. Legal framework: Control of Substances Hazardous to Health Regulations 2002 (COSHH) HSG53... Key statistics and why this training matters.
10:30–10:45	Morning Break — Comfort break — 15 minutes
10:45–11:30	Core Knowledge Session 1 — Learning objectives 1–3. Select RPE: Choose appropriate RPE for the hazard — consider contaminant type, concentration and work activity. Prepare: Wearer must not eat, drink, smoke or use cosmetics for 20 minutes before the test.
11:30–12:15	Core Knowledge Session 2 — Learning objectives 4–6. Check Facial Hair: Remove any facial hair in the seal area — even stubble can prevent an adequate seal. Conduct Test: Follow the approved qualitative or quantitative test protocol including all exercises.
12:15–13:00	Lunch Break — Lunch break — 45 minutes
13:00–13:45	Practical Activities — Hands-on practice and group activities. Fit Test Demonstration: Trainer demonstrates a qualitative fit test — participants identify each step
13:45–14:30	Case Studies & Scenarios — Group work on real-world scenarios. Facial Hair Debate: Groups discuss why facial hair affects RPE fit — what counts as "in the seal area"?
14:30–14:45	Afternoon Break — Comfort break — 15 minutes
14:45–15:30	Assessment & Quiz — Written assessment: 8-question multiple choice quiz. Review answers as a group. Address any knowledge gaps.
15:30–16:00	Evaluation & Close — Complete feedback forms. Q&A session. Summary of key learning points. Next steps and CPD recommendations.