

■ Face Fit Assessor — Icebreaker Activity Cards

Print and cut out these cards for use at the start of your training session | trainerresources.com

RPE Show & Tell

■ 10 mins

Pass around different types of RPE. Ask delegates to guess what each one is used for.

Hazard Hunt

■ 8 mins

In pairs, list as many workplace respiratory hazards as you can in 3 minutes. Compare lists.

True or False

■ 10 mins

Trainer reads statements about RPE. Delegates hold up True or False cards.

Fit or Not Fit?

■ 10 mins

Show photos of workers wearing RPE correctly and incorrectly. Delegates identify the issues.