

■ Face Fit Assessor Quiz Knowledge Check

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Face Fit Assessor** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What legislation requires face fit testing?

- A) COSHH Regulations 2002
- B) PPE at Work Regulations 1992
- C) Both COSHH and PPE Regulations
- D) Health and Safety at Work Act 1974

Q2. What are the two main methods of face fit testing?

- A) Qualitative and Quantitative
- B) Visual and Auditory
- C) Chemical and Physical
- D) Static and Dynamic

Q3. What is qualitative face fit testing?

- A) Uses a machine to measure leakage
- B) Uses the wearer's sense of taste or smell to detect leakage
- C) Uses a camera to check the seal
- D) Uses pressure to test the seal

Q4. What is a fit factor?

- A) The size of the respirator
- B) A numerical measure of how well a respirator fits — ratio of concentration outside to inside
- C) The filter efficiency
- D) The weight of the respirator

Q5. What is the minimum fit factor for a half-face respirator?

- A) 50
- B) 100
- C) 200
- D) 500

Q6. What is the minimum fit factor for a full-face respirator?

- A) 100
- B) 500
- C) 2000
- D) 50

Q7. Who should carry out face fit testing?

- A) Any employee
- B) A competent person trained in face fit testing
- C) Only a doctor

D) The HSE inspector

Q8. How often should face fit testing be repeated?

- A) Every month
- B) When there is a change in the wearer's facial characteristics or a different RPE is used
- C) Every 5 years
- D) Only once

Q9. What exercises are performed during face fit testing?

- A) Normal breathing, deep breathing, turning head, bending over, talking
- B) Running and jumping
- C) Lifting and carrying
- D) Sitting still only

Q10. What is RPE?

- A) Respiratory Protective Equipment
- B) Risk Prevention Equipment
- C) Regulated Pressure Equipment
- D) Respiratory Performance Evaluation

Q11. What should be checked before face fit testing?

- A) The wearer is clean-shaven and has no facial hair that could break the seal
- B) The wearer has eaten recently
- C) The wearer is wearing glasses
- D) The wearer is over 18

Q12. What is a saccharin test?

- A) A quantitative test using a machine
- B) A qualitative test using a sweet-tasting aerosol to detect leakage
- C) A chemical test for filter efficiency
- D) A pressure test

Q13. What is a PortaCount?

- A) A type of respirator
- B) A quantitative fit testing instrument that measures particle concentrations
- C) A qualitative test kit
- D) A cleaning device

Q14. What records should be kept after face fit testing?

- A) Name of wearer, RPE tested, result, date, and tester's name
- B) Only the result
- C) Only the date
- D) No records required

Q15. What should happen if a face fit test fails?

- A) Continue using the RPE
- B) Try a different size or model of RPE and retest
- C) Stop all work immediately
- D) Report to HSE

Answer Key

Q1: C Q2: A Q3: B Q4: B Q5: B Q6: C Q7: B Q8: B Q9: A Q10: A Q11: A Q12: B Q13: B Q14: A Q15: B

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