

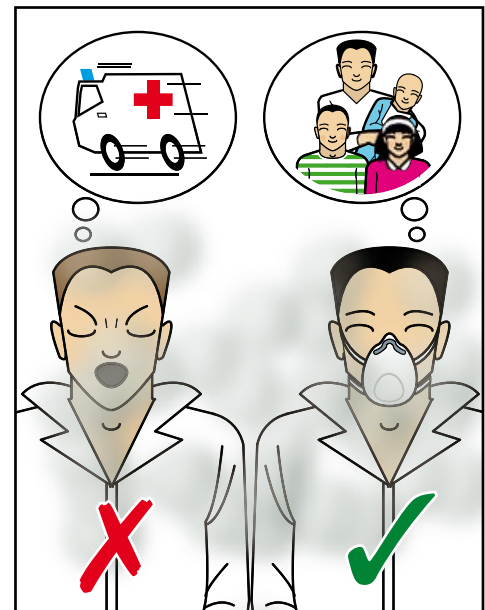
Is your mask protecting you?



This is a web-friendly version of pocketcard INDG460, published 02/13



Why don't you wear a mask?



Not wearing a mask can make you ill or even kill you



You should be fit tested and involved in choosing your mask. Different types of mask are available. Change filters regularly



Check it! Check your mask before you put it on. Then do a fit check – for a proper fit each time



Keep your mask fitted until you leave the work area or are sure the air is clear. Always wear your mask, even for quick jobs.

Further information

Your employer has to provide you with the right equipment to help you work safely. Find out more at: www.hse.gov.uk/respiratory-protective-equipment/

HSE's asthma web pages: www.hse.gov.uk/asthma/

Asthma UK: www.asthma.org.uk/
Tel: 0800 121 6244

For information about health and safety, or to report inconsistencies or inaccuracies in this guidance, visit www.hse.gov.uk/.

This publication is issued by the Health and Safety Executive. It contains guidance on ways of complying with the law.

This pocket card is available at:
www.hse.gov.uk/pubns/indg460.htm.

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