

RESPIRATORY PROTECTION

The 6 exercises of Fit Testing

TIME

→ 1 minute per exercise

INSTRUCTIONS

- Always breathe through your mouth
- Stick your tongue out slightly
- Informe the trainer if you taste the solution

1 Breathe normally.

2 Take long deep breaths.

3 Turn your head from left to right **slowly** without allowing the respirator to touch your shoulder:

→ pause on each side and take a breath.

4 Move your head up (as if looking at a wall clock) and down **slowly** without allowing the respirator to touch your chest:

→ pause at the end of the movement and take a breath.

5 Read the following text **out loud**:

→ “When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light onto many beautiful colours. These take the shape of a long round arch, with its path high above, and its two ends beyond the horizon. According to legend, there is a pot of gold at one end. People search for it, but no one ever finds it. When a man looks for something beyond his reach, his friends say he is looking for the pot of gold at the end of the rainbow.”

6 Breathe normally.

