

# Disposable Respirators Seal Checks Infographic



## User seal checks

Disposable Respirators

### NEGATIVE AND POSITIVE PRESSURE



Cover respirator  
with both hands

Breathe **in** gently

Respirator should  
slightly **collapse**

If air leaks **in**  
around the face:



Cover respirator  
with both hands

Breathe **out** gently

Respirator should  
slightly **expand**

If air leaks **out**  
around the face:



Adjust straps or  
Reposition face piece



**REPEAT TEST UNTIL SEAL IS ACHIEVED**

Source: [safetyalliancebc.ca/covid-19](https://safetyalliancebc.ca/covid-19)