

Definition:

A fluid-resistant (Type IIR) surgical mask, known as FRSM, is a loose-fitting disposable mask that covers your nose and mouth. Some loop around your ears and some tie around the back of your head.

Purpose:

- Prevents large droplets/splashes/sprays from being spread by the person wearing the mask
- Prevents large droplets/splashes/sprays from reaching the mouth and nose of the person wearing them
- In health and social care settings, these masks are worn by workers who are performing and assisting with non-aerosol generating procedures

These masks MUST:

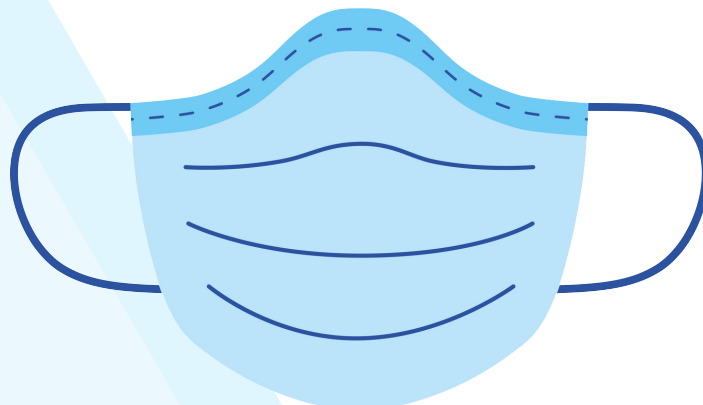
- Cover both the nose and mouth
- Only be worn once, then disposed off correctly
- Be changed when they become moist or damaged

These masks MUST NOT:

- Be allowed to dangle around the neck after or between each use
- Be touched once put on

Please note:

- They are not designed or certified to seal tightly around your face
- They don't stop the inhalation of small airborne particles. During inhalation, small airborne particles can pass through



Before putting on (pre-donning) a FRSM:

- Ensure you're hydrated
- Tie your hair back (if necessary)
- Remove any jewellery

Putting on (donning) a FRSM:

1. Go to your organisation's Donning Station (if it has one)
2. Wash and dry your hands thoroughly*
3. Ensure the mask is undamaged
4. Ensure the mask is the right way up, with the mouldable band at the top
5. Put the mask on by hooking the loops around your ears (or by tying the upper strap around your crown, and the lower strap at the nape of your neck)
6. Fit the mouldable band to the bridge of your nose so it fits snugly
7. Ensure the bottom of the mask is pulled down to cover your mouth and chin

Taking off (doffing) a FRSM:

1. Go to your organisation's Doffing Station (if it has one)
2. Correctly remove all other PPE if you are wearing any (gloves, gown, eye protection)
3. Wash and dry your hands thoroughly*
4. Avoid touching the front of the mask, as it may be contaminated
5. Lean forward slightly and remove the mask (by placing your fingers through the elastic loops under your ears and unlooping - or - by untying the straps at the back of your head, starting with the ones at the nape of your neck)
6. Put the mask in the bin designated by your organisation
7. Wash and dry your hands thoroughly*

**Please see our Infection Prevention & Control course for a step-by-step video that demonstrates the correct hand-washing procedure.*



There is a form of Respiratory Protective Equipment (RPE) that prevents the inhalation of over 99% of small airborne particles - FFP3 respirators. In health and social care settings, these are worn by workers who are performing and assisting with aerosol generating procedures (AGPs). FFP2 and N95 respirators (filtering at least 94% and 95% of airborne particles respectively) can be used if FFP3s are not available.

Other respirators can be used by individuals if they comply with HSE Recommendations. See this link for details: <https://www.hse.gov.uk/respiratory-protective-equipment/index.htm>

