

# EASY STEPS TO CHECK YOUR FACE-FIT



OXFORD, ENGLAND

PRESS  CHECK™



✓ **FIT IT**

DON THE MASK AND TIGHTEN STRAPS SECURELY.



✓ **PRESS IT**

PRESS THE FILTER TOGETHER TO CREATE A SEAL.



✓ **UP ↑**

LOOK UP & INHALE. NO AIR SHOULD COME THROUGH.



✓ **LEFT ←**

LOOK LEFT & INHALE. NO AIR SHOULD COME THROUGH.



✓ **FORWARD**

LOOK FORWARD & INHALE. NO AIR SHOULD COME THROUGH.



✓ **RIGHT →**

LOOK RIGHT & INHALE. NO AIR SHOULD COME THROUGH.



✓ **DOWN ↓**

LOOK DOWN & INHALE. NO AIR SHOULD COME THROUGH.



**WATCH THE VIDEO AND OTHERS HERE**  
**www.presstocheck.com** **www.jsp.co.uk**

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