BRITISH SKYDIVING

HOW TO USE FACE COVERING

Always clean your hands before putting on or taking of a face mask

THE CORRECT COVERING FOR YOU

Medical masks should be reserved for health personel and those identified as 'at risk'. If you have been advised to wear a medical mask, always have the coloured side showing outermost and the metal band at the top of your nose.

CHECK YOUR FIT

Ensure that the face covering is made from a fabric that is comfortable to wear.

Check that it is easy to fit, completely covers your nose and mouth and fits all the way down under your chin.

To ensure a snug fit around your face without any gaps tighten the loops or ties. Tie them high on top of your head if required to get a good fit. Once fitted DO NOT touch or fidget with the face covering.

REMEMBER TO COVER YOUR NOSE PROPERLY

SAFE REMOVAL

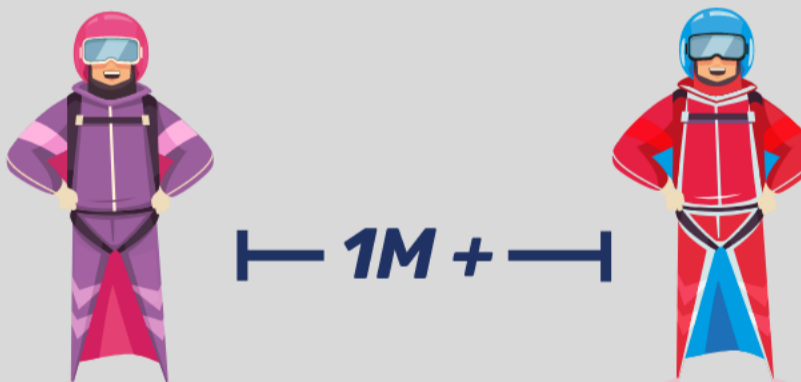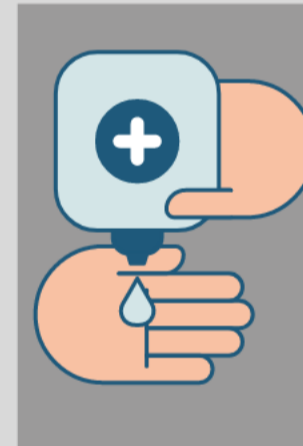Use the ear loops or ties to take the face mask of.

Do not touch the front when you take it of.

DISPOSAL OF SINGLE-USE MASKS

Ensure that you dispose all single-use masks properly, by putting it in a sealable bag before placing in a bin.

Remember to clean your hands and social distance.

— 1M + —

DO NOT: Wear the face covering below your nose

DO NOT: Leave your chin exposed.

DO NOT: Wear it loosely with gaps on the side.

DO NOT: Wear it so it covers just the tip of your nose.

DO NOT: Push it on your chin to rest on your neck.

TIPS TO STAY SAFE

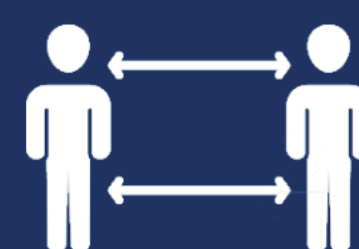|						
ALWAYS wash your hands before and after handling your face covering.	Carry unused face coverings in a sealable clean waterproof bag.	ALWAYS wash cloth face coverings on the highest temperature for the cloth.	'Reusable' face coverings are only reusable after washing.	ALWAYS remove your face covering if it is dirty, wet or damaged.	Carry a second similar type bag, toput used face coverings in.	If you touch the front of the face covering to eat, drink, adjust etc then replace it.

HANDS   FACE   SPACE