

## Personal Protective Equipment Handout

### Objectives:

1. Perform proper order for putting on Personal Protective Equipment (PPE).
2. Describe interim recommendations for limited reuse of N95 Respirator Masks for Airborne Precautions.
3. Perform proper order for removing Personal Protective Equipment (PPE).
4. Demonstrate proper way of putting on and taking off an over-the-head isolation gown.

### I. Personal Protective Equipment (PPE)

Personal Protective Equipment (PPE) includes:

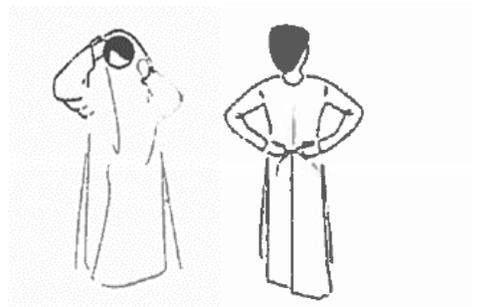
- Gown
- Mask or Respirator (e.g. N95)
- Eye protection (goggles) or face shield
- Gloves
- Surgical cap
- Shoe covers

### II. Order for Putting on Personal Protective Equipment (PPE)

Before entering an isolation room, put on PPE (gown, mask, gloves and goggles as necessary based on level of precaution required).

#### a. GOWN

- Choose the right size and type
- Opening is in the back
- Fully cover body from neck to knees, arms to end of wrists, and wrap gown around body covering the back
- Tie gown at the waist in the back



#### b. MASK or RESPIRATOR

- Place over nose, mouth and chin
- Fit flexible band over nose bridge
- Fit snug to face and below chin
- Secure on head with ties or elastic
- Adjust to fit



#### RESPIRATOR

- Use the appropriate fit tested respirator
- Put on same as a mask

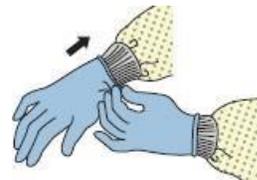
#### c. GOGGLES or FACE SHIELD

- Position goggles over eyes and secure earpieces behind the ears
- Position face shield over face and secure to head using ties or elastic
- Adjust to fit comfortably



#### d. GLOVES

- Put on correct size gloves to cover wrist of isolation gown
- Put on gloves each time you enter a patient room, area or clinic
- Change gloves when torn or when completing a soiled task before going to a clean task.



### III. Order for Removing Personal Protective Equipment (PPE)

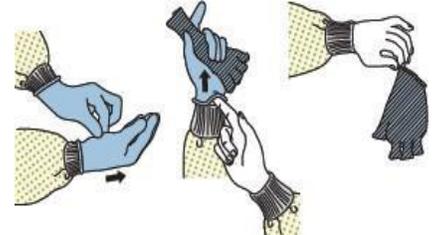
Before leaving the isolation room, remove PPE at doorway or in an anteroom

Remove masks and respirator **after** leaving the patient room and closing the door (outside of room)

#### DOFFING METHOD (Recommended for COVID-19 patients)

##### 1. GLOVES

- The outside surface of the gloves is contaminated even if you do not see any dirt, blood, or body fluids
- Grab the outside of the glove with opposite gloved hand and peel off carefully
- Hold removed glove with gloved hand and slide a finger of your ungloved hand under remaining glove at wrist
- Peel second glove off over the first glove
- Throw gloves in waste container



##### 2. GOGGLES or FACE SHIELD

- The outside of goggles or face shield are considered contaminated even if it looks clean
- To remove, grab ties or ear pieces
- For reusable goggles: Put on tray or next to sink for later disinfection
- For non-reusable goggles and face shields:
  - Grabs ties or ear pieces
  - Throws face shield in waste container.



##### 3. GOWN

- Gown front and sleeves are contaminated even if it looks clean
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out and roll it into a ball
- Throw gown in waste container

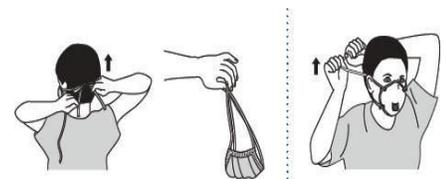


##### 4. DISINFECT REUSABLE GOGGLES

- Dons gloves (in preparation to disinfect FS/G)
- Thoroughly wipes down FS/G with a purple top wipe.
- Doffs gloves and allow FS/G to slip onto forearm via the strap.
- Performs hand hygiene and leaves the room.

##### 5. MASK or RESPIRATOR

- DO NOT remove mask in patient's room
- Front of mask/respirator is contaminated – Do not touch!
- Remove bottom, then top ties or elastic bands
- Throw mask or respirator in waste container (outside of room)
- **\*\*Note:** Please follow interim guidelines for limited reuse of N95 mask.



**Reminder:**

Wash hands or use an alcohol-based hand sanitizer if hands become contaminated in between steps and immediately after removing all PPE.

**IV. Instructions for Over-the-Head Isolation Gown**

**How to put gown on**



**Step 1:**

- Unfold; put arms through sleeves from back of gown
- Put thumbs through thumb holes at the end of sleeves



**Step 2:**

- Pull gown over head
- Straighten out gown



**Step 3**

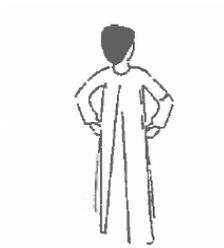
- Locate waist ties attached at the hip on both sides
- Tie waist ties behind the back
- Gloves go on **OVER** the thumbhooks/gown sleeves

**How to take gown off**



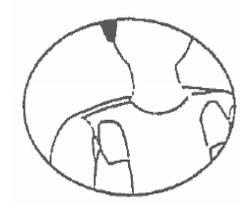
**Step 1:**

- **DO NOT** remove by lifting gown over your head



**Step 2:**

- Grab the gown material on both sides of the waist
- Pull forward, this will cause the ties to break
- Continue pulling forward, this should cause the back of the gown to tear away



**Step 3:**

- If the back of the gown has fully torn away, skip to **Step 5**
- If the back of the gown has not fully torn away, grab the gown at the upper chest (**DO NOT** place hands inside the neck of the gown) and go to **Step 4**

**Step 4:**

- Maintain your grip on the gown
- Pull forward; this will cause the back to break away (if it has not already)



Step 5:

- Roll gown into itself, removing the gloves per facility's protocol



Step 6:

- Dispose of gown in accordance with facility's policy

## V. Interim Recommendations for Limited Reuse of N95 Respirator Masks for Airborne Precautions

### A. DON:

1. At the start of the shift or prior to entering an **Airborne Precautions** room obtain a new paper bag and write your name and date
2. Place the paper bag on a clean surface and secure location outside of the patient room
3. Perform Hand Hygiene
4. Don a new N95 respirator and fit check to ensure seal and adequate fit
5. Enter room

### B. DOFF: Once outside of the patient room

1. Perform Hand Hygiene
2. Carefully remove the N95 respirator by the straps (**DO NOT** touch the inside or outside) Lower strap: Pull to the sides with both hands and over the head
3. Upper strap: Pull at the sides with both hands and over the head being careful to not touch; keep tension on the upper strap as you remove it which will let the mask fall forward.
4. Carefully remove the N95 respirator by the straps (**DO NOT** touch the inside or outside of mask)
5. Place the N95 respirator inside of the paper bag with your name and date for later reuse
6. Perform Hand Hygiene

### C. REDON:

1. Perform Hand Hygiene
2. Put on clean non-sterile gloves
3. Remove the N95 respirator from paper bag, making sure the username on the bag is correct and being careful not to touch the inside of the mask
4. Inspect the N95 respirator and ensure its physical integrity is intact before reuse
5. Redon the N95 respirator and perform fit check to ensure seal and adequate fit
6. Remove gloves and perform hand hygiene
7. At the end of the shift throw away the paper bag and N95 respirator in the designated receptacle. Do not reuse N95 respirator for more than one shift or more than five time in a row. If necessary, obtain a clean N-95 respirator and clean paper bag after the fifth time in a row.