

Correct Sequence of Putting On and Removing Personal Protective Equipment





Putting On Personal Protective Equipment

1	 <p>Perform hand hygiene</p>
2	 <p>PUT ON gown</p>
3	 <p>PUT ON mask or N95 respirator</p>
4	 <p>PUT ON eye protection</p>
5	 <p>PUT ON gloves</p>

Removing Personal Protective Equipment

1	 <p>REMOVE gloves</p>
2	 <p>REMOVE gown</p>
3	 <p>Perform hand hygiene</p>
4	 <p>REMOVE eye protection</p>
5	 <p>REMOVE mask or N95 respirator</p>
6	 <p>Perform hand hygiene</p>

How to put on Personal Protective Equipment

1. Perform hand hygiene	
	<ul style="list-style-type: none"> • HCW will perform hand hygiene following IHS Clinical Guideline Hand Hygiene. • Alcohol-based hand rub (ABHR) is preferred • Soap and water is used when hands are visibly soiled and for CDI • Both methods are effective
2. Put on gown	
	<ul style="list-style-type: none"> • Don the gown by placing each arm into the sleeves, opening at the back • Secure the neck of the gown • Secure the waist with the ties
3. Mask with Visor protection	
	<p>For Droplet or Droplet and Contact Precautions:</p> <ul style="list-style-type: none"> • Secure the straps • Pull the bottom of the mask down under the chin • Place middle fingers on the bridge of the nose and “walk” the index finger down the sides of the nose pressing and moulding the wire to the face
4. Put on gloves	
	<ul style="list-style-type: none"> • Choose appropriate size of gloves • Put on gloves, taking care not to tear or puncture • Ensure that the cuff of the glove covers the cuff of the gown

*Adapted from Infection Prevention and Control Canada Best Practices

Don't Spread Germs WASH YOUR HANDS

How to take off Personal Protective Equipment.

1. Remove gloves



- The outside of gloves are contaminated
- Take off gloves at doorway just inside the client room/space
- Glove-to-glove, pull forward and discard
- Then place fingers under other glove cuff, pull forward and discard
- Discard one at a time – do not ball gloves together to minimize risk of self-contamination

2. Perform hand hygiene



- Perform hand hygiene following [IHS Clinical Guideline Hand Hygiene](#)
- Soap and water is used when hands are visibly soiled and for CDI

3. Remove gown



- Untie at neck and then the waist
- Slide 2 fingers under cuff of gown; pull hand into gown.
- Using covered hand, grab opposite sleeve and pull over hand
- Fold gown inward, rolling it outside-in, away from you
- Then place in disposal receptacle

*Adapted from Infection Prevention and Control Canada Best Practices

Don't Spread Germs WASH YOUR HANDS

4. Perform hand hygiene



- Perform hand hygiene following [IHS Clinical Guideline Hand Hygiene](#).
- Soap and water is used when hands are visibly soiled and for CDI

5. Remove mask/visor



Avoid touching the contaminated area on the front of all types of eye and face protection.

- Grasp the elastic behind both ears, unhook from ear and pull away from side of head and simultaneously extending arms forward to remove the mask and visor from the face
- Dispose of the mask in the waste receptacle

6. Perform hand hygiene



- Perform hand hygiene following [IHS Clinical Guideline Hand Hygiene](#).
- Soap and water is used when hands are visibly soiled and for CDI

*Adapted from Infection Prevention and Control Canada Best Practices

Note: At any time during the donning or the Doffing of PPE, you feel you have contaminated your hands, perform Hand Hygiene and then continue with donning of doffing of PPE

Don't Spread Germs WASH YOUR HANDS



“Personal Protective Equipment” Tips:

- Do not dangle a mask around the neck when not in use.
- Do not reuse mask
- Change the mask if it becomes wet or soiled
- Do not double glove.
- Do not use the same pair of gloves for the care of more than one patient.
- Do not clean gloves for reuse
- Remove gloves and perform hand hygiene immediately after patient care activities.

The use of gloves DOES NOT
replace the need to perform
hand hygiene

Don't Spread Germs WASH YOUR HANDS

Don't Spread Germs WASH YOUR HANDS

STOP!

clean your hands



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If you are coughing and sneezing:

- Wear a mask
- Use a tissue and put it in the garbage
- Wash your hands

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