PPE Training: COVID-19

SEQUENCE FOR PUTTING ON or DONNING PERSONAL PROTECTIVE EQUIPMENT (PPE)

1. Perform HAND HYGIENE
2. GOWN
   - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
   - Fasten in back of neck and waist
3. N-95
   - Secure elastic bands at middle of head and neck
   - Fit flexible band to nose bridge
   - Fit snug to face and below chin
   - Fit-check respirator (see manufacturer directions)
4. FACE SHIELD
   - Place over face and eyes and adjust to fit
5. GLOVES
   - Extend to cover wrist of isolation gown

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION
- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or contaminated
- Perform hand hygiene

HOW TO SAFELY REMOVE or DOFF PERSONAL PROTECTIVE EQUIPMENT (PPE)

1. GOWN AND GLOVES
   - Gown front and sleeves and the outside of gloves are contaminated
   - Untie the gown ties, then grasp the front of the gown and pull away from your body. Touching only the outside of gown with gloved hands
   - While removing the gown, roll the gown inside-out into a bundle
   - Peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Discard the gown and gloves into a waste container
   - Perform HAND HYGIENE

2. EXIT ROOM & CLOSE DOOR

3. FACE SHIELD
   - Outside of face shield is contaminated
   - Remove face shield from back by lifting head band and without touching the front
   - Wipe with a disinfectant wipe and allow to dry
   - Store in a plastic bag and label with name
   - Perform HAND HYGIENE

4. MASK OR RESPIRATOR
   - Front of the N95 respirator is contaminated — DO NOT TOUCH!
   - Grasp the bottom strap and pull over head without touching the front of the mask
   - Grasp the top strap, and pull away from face completely
   - Discard in a waste container

5. Perform HAND HYGIENE by WASHING HANDS OR USING AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

08/11/2020