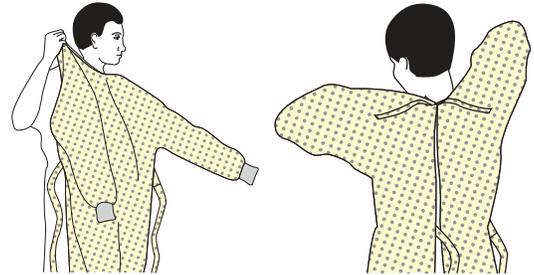


# SEQUENCE FOR **PUTTING ON** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

## 1. 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



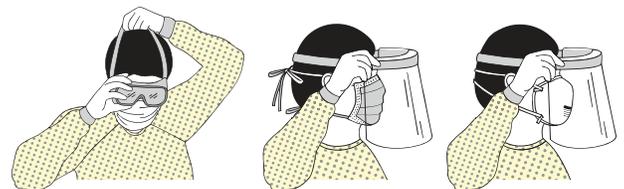
## 2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



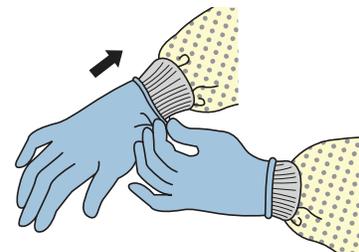
## 3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



## 4. 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 heavily contaminated
- Perform hand hygiene



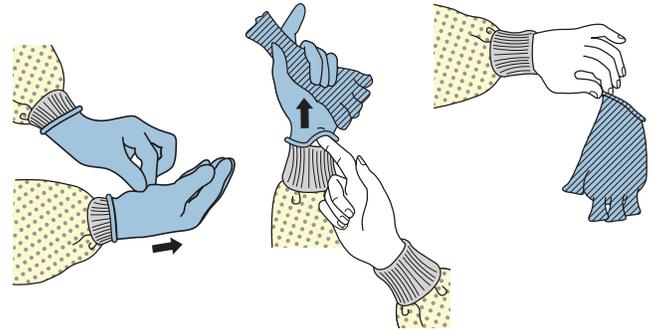
# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

### 1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



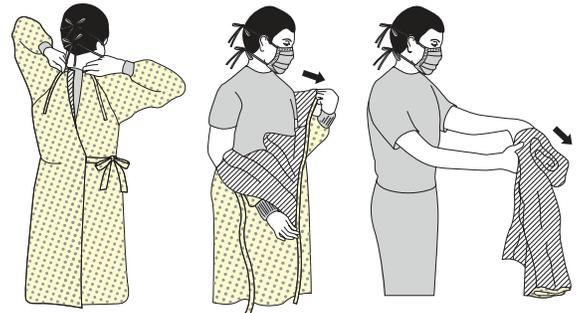
### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



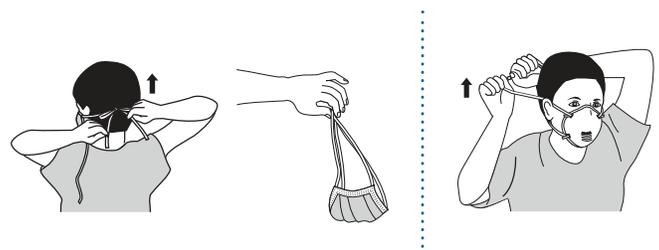
### 3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

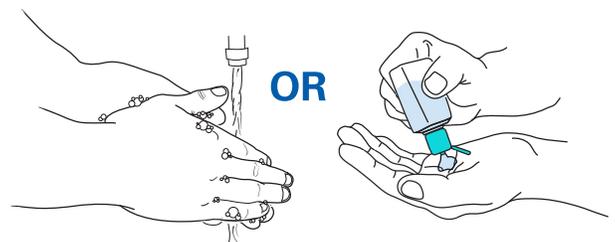


### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



### 5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**



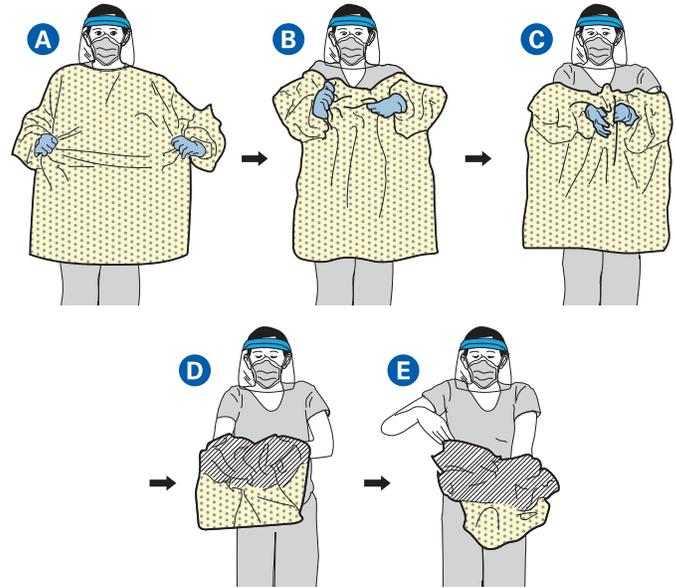
# HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

## EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

### 1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



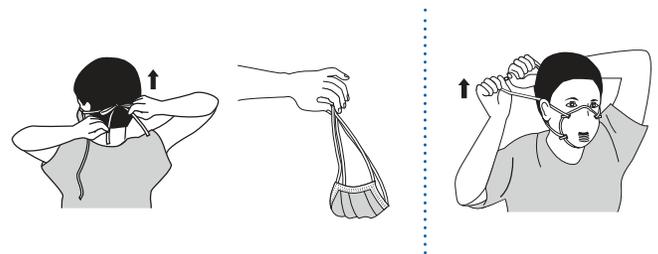
### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

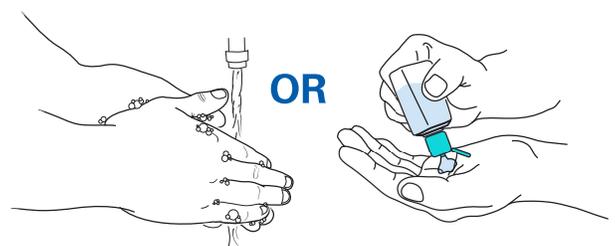


### 3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



### 4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**



# How to Properly Use Disposab

WASH YOUR HANDS THOROUGHLY BEFORE PUTTING ON AND TAKING OFF  
If you have used a respirator before that fit you, use the same make, model and size.  
Inspect the respirator for damage. If your respirator appears damaged, DO NOT USE IT.  
Do not allow facial hair, hair, jewelry, glasses, clothing, or anything else to prevent a proper seal.  
Follow the instructions that come with your respirator.<sup>1</sup>

## Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.

## Checking Your Seal<sup>2</sup>



## DISPOSABLE GLOVE USE

Understanding the proper way to put on, and take off your disposable gloves is the final step to ensuring that your gloves are providing the optimum protection for you.

Although this process may seem straightforward, we want to remind you of some key tips to make sure that your gloves are being used to the best of their ability.

### Proper Fit

One of the most important steps is having a proper fitting glove. Ill-fitting gloves will increase the likelihood of injury or contamination.

- If your glove is too big, the loose fitting material will cause dexterity and grip to be reduced.
- If your glove is too small, you risk ripping or puncturing your glove and decreased hand flexibility.

### Glove Fit Test

While wearing your gloves, extend your fingers until they are straight. If the glove is too small, you will see stretching and possibly tears forming in the material where your thumb meets your palm

### Putting on Gloves

1. Gather together needed supplies or materials prior to putting on gloves
1. Remove all watches, rings, and other jewelry - prevents accidental rips or tears in the glove.
2. Wash your hands - Any contaminants left on your hands, will transfer to and through the glove.
3. Put on your gloves in a clean area with clean hands. You should not be contaminating your gloves by placing them on a dirty surface.
4. Remove gloves from box or package touching only the wrist edge of the glove.
5. First put the glove on your dominant hand, while touching it as little as possible - minimizing contact with finger and palm areas.
6. Then, put the other glove on your non-dominant hand, using your gloved dominant hand to pull it on.
7. Once both gloves are on your hands you can adjust your fingers and the fit of the glove.

### Removing Disposable Gloves

Note: To remove gloves without spreading germs, never touch your bare skin with the outside of either glove.

1. PINCH GLOVE
  - Pinch the palm side of one glove near your wrist.
  - Carefully pull the glove off so that it is inside out.
2. SLIP TWO FINGERS UNDER GLOVE
  - Hold the glove in the palm of your gloved hand.
  - Slip two fingers under the glove at the wrist of the remaining gloved hand.
3. PULL GLOVE OFF
  - Pull the glove until it comes off, inside out.
  - The first glove should end up inside the glove you just removed.
4. DISPOSE OF GLOVES AND WASH HANDS
  - Dispose of gloves and other personal protective equipment (PPE) in a proper biohazard container.
  - Wash your hands thoroughly with soap and running water, if available. Otherwise, rub hands thoroughly with an alcohol-based hand sanitizer if hands are not visibly soiled.

### Special Considerations

1. Remove gloves prior to leaving the work area and/or if task is interrupted.
2. Fresh gloves must be used for each person and for each procedure.
3. If gloves become torn, punctured, cracked or peeling, remove and discard them immediately.
4. Remove and replace contaminated gloves as soon as practical.