

Follow these steps to put on PPE

Follow these steps to take off PPE

1. Hand Hygiene

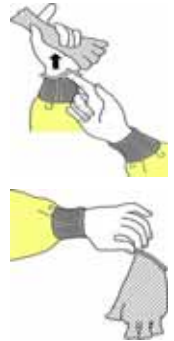


- ✓ Wash hands with soap and water or alcohol based hand rub

1. Gloves



- ✓ Grasp outside edge near wrist
- ✓ Peel away from hand, turning glove inside-out
- ✓ Hold in opposite gloved hand
- ✓ Slide ungloved finger under the wrist of the remaining glove
- ✓ Peel off from inside, creating a bag for both gloves
- ✓ Discard



2. Gown

- ✓ Select appropriate type and size
- ✓ Opening is in the back



2. Gown

- ✓ Unfasten ties
- ✓ Peel gown away from neck and shoulder
- ✓ Turn contaminated outside toward the inside
- ✓ Fold or roll into a bundle
- ✓ Discard or launder



3. Mask or N95 Respirator



- ✓ Select a mask or fit tested N95 respirator
- ✓ Place over nose, mouth and chin
- ✓ Fit flexible nose piece over nose bridge
- ✓ Secure on head with elastic
- ✓ Adjust to fit
- ✓ N95: Perform a fit check –
 - ✓ Inhale-respirator should collapse
 - ✓ Exhale-check for leakage around face



3. Hand Hygiene

- ✓ Prior to touching your face; wash hands with soap and water or alcohol based hand rub



4. Goggles/Face Shield



- ✓ Position goggles over eyes
- ✓ Position face shield over face and secure on brow with headband



4. Goggles/Face Shield

- ✓ Grasp ear or head pieces with ungloved hands
- ✓ Lift away from face
- ✓ Place in designated receptacle for reprocessing or disposal



5. Gloves



- ✓ Select correct type and size
- ✓ Insert hands into gloves
- ✓ Extend gloves over isolation gown cuffs

5. Mask or N95 Respirator

- ✓ Untie the bottom then top tie
- ✓ Remove from face using strings
- ✓ Discard



References:

Health Canada Infection Control Guidelines (1999), *Routine Practices and Additional Precautions for Preventing the Transmission of Infection in Health Care*, Volume 25 S4.
Provincial Infectious Disease Advisory Committee (2006) Preventing Febrile Respiratory Illnesses.

6. Hand Hygiene

- ✓ Wash hands with soap and water or alcohol based hand rub

