

# PERSONAL PROTECTIVE EQUIPMENT (PPE)

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION.

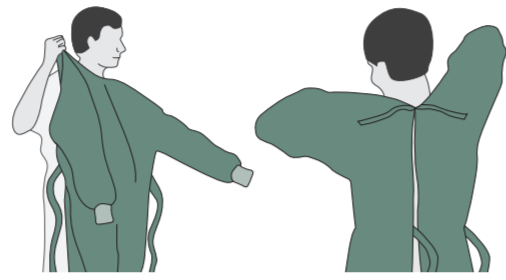
KEEP HANDS AWAY FROM FACE • LIMIT SURFACES TOUCHED • CHANGE GLOVES WHEN TORN OR HEAVILY CONTAMINATED • PERFORM HAND HYGIENE

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.

## PUTTING ON PPE

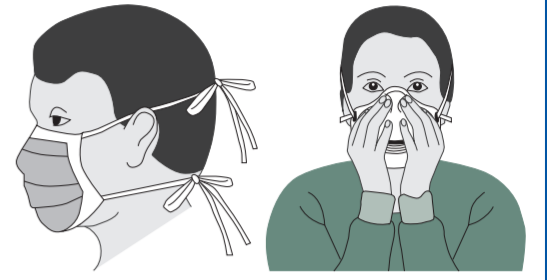
### 1) GOWN

- 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 centre of head and neck or use ear loops.
- Fit flexible band to nose bridge.
- Fit snug to face and below chin.
- Fit-check respirator.



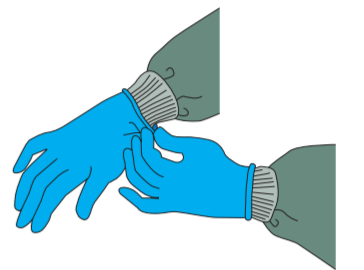
### 3) GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit.



### 4) GLOVES

- Put on gloves, extend to cover wrist of isolation gown.



## REMOVING PPE

There are a variety of ways 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 using the following sequence.

### 1) DISPOSABLE GOWN AND GLOVES

- Gown and gloves are contaminated!
- If your hands get contaminated during removal, immediately wash your hands or use hand sanitiser.
- Grasp the gown in the front and pull away from the body until the ties break, only touching the outside of the gown 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.



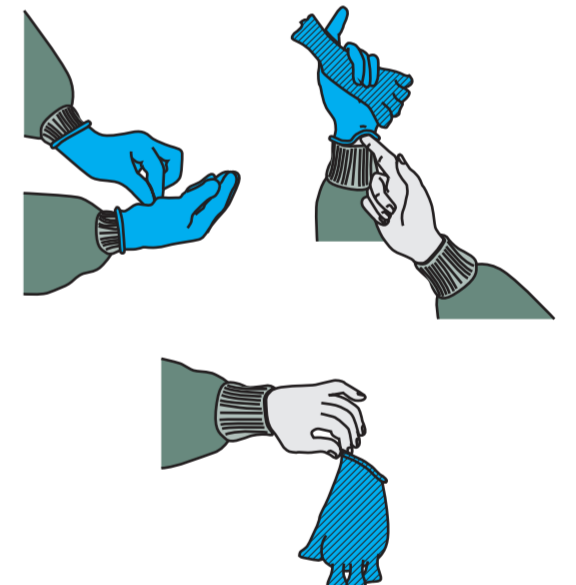
### 2) RE-USABLE GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during removal, immediately wash your hands or use hand sanitiser.
- Unfasten gown ties, take care that sleeves do not come into contact with your body when reaching for them.
- Pull gown away from neck and shoulders, touching inside of gown only.
- Turn gown inside out.
- Place the gown into a red water soluble laundry bag for transportation to the laundry.



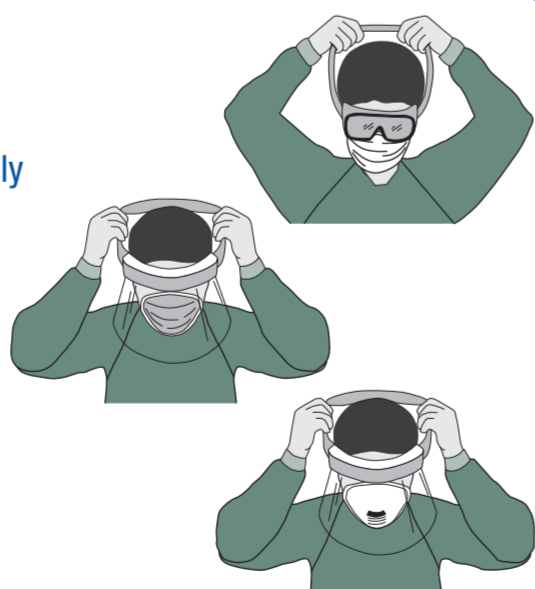
### 3) GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during removal, immediately wash your hands or use hand sanitiser.
- 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 the first glove.
- Discard gloves in a waste container.



### 4) GOGGLES OR FACE SHIELD

- The outside of goggles and face shield are contaminated!
- If your hands get contaminated during removal, immediately wash your hands or use hand sanitiser.
- Remove goggles or face shield from the back by lifting head band or ear pieces.
- If the item is re-usable, place in designated area for reprocessing.
- Otherwise, discard into a waste container.



### 5) MASK OR RESPIRATOR

- Front of mask or respirator is contaminated - **DO NOT TOUCH!**
- Only remove after leaving the patient room and closing the door.
- If your hands get contaminated during removal, immediately wash your hands or use hand sanitiser.
- Grasp bottom ties or elastics of the mask or respirator, then the ones at the top, and remove without touching the front.
- Discard in a waste container.



## WASH HANDS OR USE AN ALCOHOL BASED HAND SANITISER IMMEDIATELY AFTER REMOVING ALL PPE

How to guides are available which show the correct procedures for washing and sanitising your hands.

