







Putting on (DONNING) Personal Protective Equipment (PPE)

<p><b>1. Hand Hygiene</b></p>  <ul style="list-style-type: none"> <li>Using an alcohol-based hand rub is the preferred way to <b>clean your hands</b>.</li> <li>If your hands look or feel dirty, soap and water must be used to wash your hands.</li> </ul>	<p><b>2. Gown</b></p>  <ul style="list-style-type: none"> <li>Don the gown by placing each arm into the sleeves, opening at the back.</li> <li>Secure the neck of the gown.</li> <li>Secure the waist with the ties.</li> </ul>	<p><b>3. Mask</b> <b>Mask with or without Visor</b></p>  <ul style="list-style-type: none"> <li>Secure the ties, loops or straps.</li> <li>Pull the bottom of the mask down under the chin.</li> <li>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.</li> </ul>
<p><b>N95 Respirator</b></p>  <p><b>For Airborne Precautions:</b></p> <ul style="list-style-type: none"> <li>Select NIOSH approved N95 respirator you have been FIT tested for.</li> <li>Remove prescription glasses.</li> <li>Follow the application steps for assigned fit-tested N95 respirator.</li> <li>Put prescription glasses on – do not push to fit.</li> </ul>	<p><b>4. Eye Protection or Face Shields**</b></p>  <ul style="list-style-type: none"> <li>Place over the eyes (or face).</li> <li>Adjust to fit.</li> </ul> <p>**Not applicable if you are wearing a mask with visor.</p>	<p><b>5. Gloves</b></p>  <ul style="list-style-type: none"> <li>Choose appropriate size of glove.</li> <li>Put on gloves, taking care not to tear or puncture.</li> <li>Ensure that the cuff of the glove covers the cuff of the gown.</li> </ul>

**Note:** At any time during donning of PPE, you feel you have contaminated your hands, perform hand hygiene and then continue with donning of PPE.

## Taking off (DOFFING) Personal Protective Equipment (PPE)

### 1. 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
- Skin-to-skin, place fingers under other glove cuff pull forward and discard

**NOTE:** Discard one at a time – do not ball gloves together to minimize risk of self-contamination.

### 2. Hand Hygiene



- Using an alcohol-based hand rub (ABHR) is the preferred way to **clean your hands**.
- If your hands look or feel dirty, soap and water must be used to wash your hands.

### 3. Gown



- Untie at neck and then the waist.
- Slide 2 fingers under the cuff of the 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.

### 4. Hand Hygiene



- **Clean your hands** (See step #2).
- Exit the patient room, close the door and **clean your hands** again.

### 5. Eye Protection or Face Shield



- Handle only by the headband or ear pieces.
- Carefully pull away from face.
- Put reusable items in appropriate area for cleaning.
- Put disposable items into the garbage.

### 6. Hand Hygiene



- **Clean your hands** (See step #2).

### 7. Mask or N95 Respirator



- Bend forward slightly and carefully remove the mask from your face by touching only the ties or elastic bands.
- Start with the bottom tie, then remove the top tie.
- Throw the mask in the garbage.

**NOTE:** There are different styles of N95 respirators but all styles have the same basic steps for doffing.

### 8. Hand Hygiene



- **Clean your hands** (See step #2).

**Note:** At any time during doffing of PPE, you feel you have contaminated your hands, perform hand hygiene and then continue with doffing of PPE.