Best Practice: Appendix 6 - Putting on and removing PPE

Use safe work practices to protect yourself and limit the spread of infection

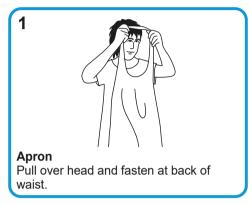
- Keep hands away from face and PPE being worn.
- Change gloves when torn or heavily contaminated.
- Limit surfaces touched in the patient environment.
- Regularly perform hand hygiene.
- Always clean hands after removing gloves.

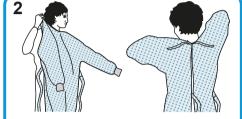
NB Masks and goggles are not routinely recommended for contact precautions. Consider the use of these under standard infection control precautions or if there are other routes of transmission.

The type of PPE used will vary based on the type of exposure anticipated, and not all items of PPE will be required. The order for putting on PPE is Apron or Gown, Surgical Mask, Eye Protection (where required) and Gloves. The order for removing PPE is Gloves, Apron or Gown, Eye Protection, Surgical Mask.

1. Putting on Personal Protective Equipment (PPE).

Perform hand hygiene before putting on PPE





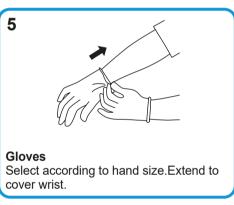
Gown/Fluid repellent coverall
Fully cover torso neck to knees, arms to
end wrist and wrap around the back.
Fasten at the back.



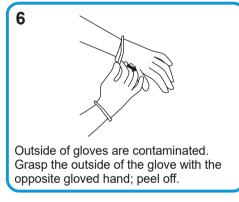
Surgical mask (or respirator)
Secure ties or elastic bands at middle of head and neck. Fit flexible band to nose bridge. Fit snug to face and below chin. Fit check respirator if being worn.



Eye Protection (Goggles/Face Shield Place over face and eyes and adjust to fit.



2. Removing Personal Protective Equipment (PPE)





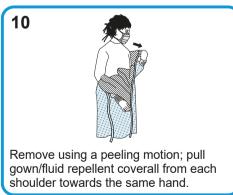
Hold the removed glove in the gloved hand. Slide the fingers of the ungloved hand under the remained glove at the wrist. Peel the second glove off over the first glove. Discard into an appropriate lined waste bin.



Apron front is contaminated. Unfasten or break ties.Pull apron away from neck and shoulders touching inside only. Fold and roll into a bundle. Discard into an appropriate lined waste bin.



Gown/Fluid repellent coverall Gown/Fluid repellent coverall front and sleeves are contaminated.Unfasten neck, then waist ties.





Gown/fluid repellent coverall will turn inside out. Hold removed gown/fluid repellent coverall away from body, roll into a bundle and discard into an appropriate lined waste bin or linen receptacle.



Eye Protection (Goggles/face shield)
Outside of goggles or face shield are contaminated. Handle only by the headband or the sides. Discard into a lined waste bin or place into a receptacle for reprocessing/ decontamination.



Surgical Mask (or respirator)
Front of mask/respirator is contaminated
- do not touch. Unfasten the ties - first the
bottom, then the top. Pull away from the
face without touching front of
mask/respirator. Discard disposable
items into an appropriate lined waste bin.
For reusable respirator place in
designated receptacle for processing/
decontamination.

- Perform hand hygiene immediately on removal.
- All PPE should be removed before leaving the area and disposed of as healthcare waste.

