

## APPENDIX F - RECOMMENDED STEPS FOR PUTTING ON AND TAKING OFF PERSONAL PROTECTIVE EQUIPMENT (PPE)

### Putting on PPE

1. Perform Hand Hygiene
2. Put on Gown
  - a. Tie neck and waist ties securely
3. Put on Mask/N95 respirator
  - a. Place mask over nose and under chin
  - b. Secure ties, loops or straps
  - c. Mould metal piece to your nose bridge
  - d. For respirators, perform a seal-check
4. Put on protective eyewear
  - a. Put on eye protection and adjust to fit
  - b. Face shield should fit over brow
5. Put on gloves
  - a. Put on gloves, taking care not to tear or puncture glove
  - b. If a gown is worn, the glove fits over the gown's cuff

### Taking off PPE

1. Remove Gloves
  - a. Remove gloves using a glove-to-glove/skin-to-skin technique
  - b. Grasp outside edge near the wrist and peel away, rolling the glove inside-out
  - c. Reach under the second glove and peel away
  - d. Discard immediately into waste receptacle
2. Remove Gown
  - a. Remove gown in a manner that prevents contamination of clothing or skin
  - b. Starting at the neck ties, the outer 'contaminated' side of the gown is pulled forward and turned inward, rolled off the arms into a bundle, then discarded immediately in a manner that minimizes air disturbance
3. Perform Hand Hygiene
4. Remove Eye Protection
  - a. Arms of goggle and headband of face shields are considered to be 'clean' and may be touched with the hands
  - b. The front of goggles/face shield is considered to be contaminated
  - c. Remove eye protection by handling ear loops, sides or back only
  - d. Discard into waste receptacle or into appropriate container to be sent for reprocessing
  - e. Personally-owned eyewear may be cleaned by the individual after each use
5. Remove Mask/N95 Respirator

- a. Ties/ear loops/straps are considered 'clean' and may be touched with hands
  - b. The front of the mask/respirator is considered to be contaminated
  - c. Untie bottom tie then top tie, or grasp straps or ear loops
  - d. Pull forward off the head, bending forward to allow mask/respirator to fall away from the face
  - e. Discard immediately into waste receptacle
6. Perform Hand Hygiene

#### References

Provincial Infectious Disease Advisory Committee (PIDAC). (2012). Routine Practices and Additional Precautions. Toronto, Ontario. Retrieved from [http://www.publichealthontario.ca/en/eRepository/RPAP\\_All\\_HealthCare\\_Settings\\_Eng2012.pdf](http://www.publichealthontario.ca/en/eRepository/RPAP_All_HealthCare_Settings_Eng2012.pdf)