

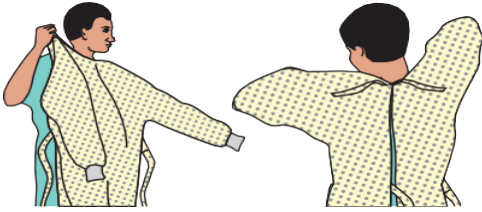


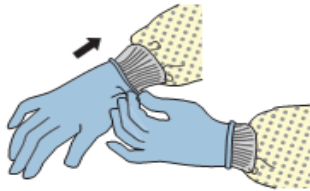


# Infection Prevention and Control – Personal Protective Equipment





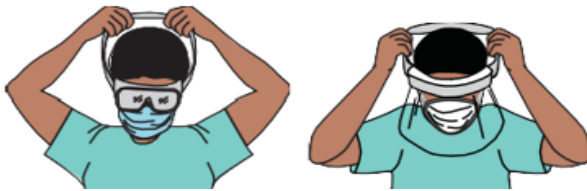
## Appendix B: Infection Prevention and Control - Donning and Doffing Personal Protective Equipment (PPE)

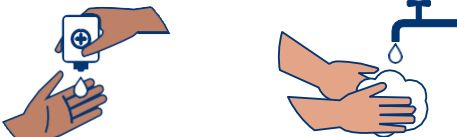
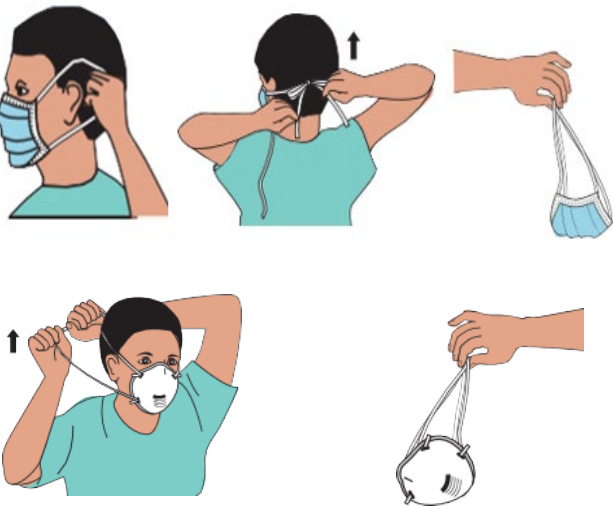

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### How to don (put on) Personal Protective Equipment (PPE)

|    |  |   |
|----|--|---|
| 1. | Perform hand hygiene.  |     |
| 2. | Inspect the PPE <ul style="list-style-type: none"> <li>Ensure there is no damage (e.g., rips and tears).</li> </ul>  |     |
| 3. | Put on gown <ul style="list-style-type: none"> <li>To cover front of the body, from neck to mid thigh and wrap around back.</li> <li>Tie neck and waist ties securely.</li> </ul>  |    |
| 4. | Put on a medical mask or <a href="#">N95 respirator</a> <ul style="list-style-type: none"> <li>Place mask over nose and under chin.</li> <li>Secure ties, loops and straps.</li> <li>Mould metal piece to your nose bridge.</li> <li>Perform seal-check for N95 respirator.</li> </ul> |   |
| 5. | Put on eye protection and face shield <ul style="list-style-type: none"> <li>Put on eye protection and face shield and adjust to fit.</li> <li>Face shield should be fit over brows.</li> </ul>  |   |
| 6. | Put on gloves <ul style="list-style-type: none"> <li>Put on gloves, taking care not to tear or puncture.</li> <li>Fit glove over cuff of gown.</li> </ul>  |  |

How to doff (take off) Personal Protective Equipment (PPE): Doff PPE in the following order

|    |  |  |
|----|--|--|
| 1. | <p>Remove gloves</p> <ul style="list-style-type: none"> <li>Pinch the palm or wrist area of one glove. Peel away from the hand.</li> <li>Insert one or two fingers under the cuff of the second glove.</li> <li>Peel away from the inside out.</li> <li>Discard in regular waste bin.</li> </ul>   |    |
| 2. | <p>Perform hand hygiene.</p>   |    |
| 3. | <p>Remove gown</p> <ul style="list-style-type: none"> <li>Unfasten neck ties, then the back or waist ties.</li> <li>Touching only the inside of the gown, pull gown away from neck and shoulders.</li> <li>Turn gown inside out and roll into a bundle.</li> <li>Place in soiled laundry hamper (if reusable) or in regular waste bin (if disposable).</li> </ul>  |   |
| 4. | <p>Perform hand hygiene.</p>   |  |
| 5. | <p>Remove eye protection and face shield.</p> <p><b>If you are less than 2 metres away from the patient, exit the room or area first. Perform hand hygiene.</b></p> <ul style="list-style-type: none"> <li>Without touching the front, grasp the back or side straps.</li> <li>Remove the eye protection by grasping the straps slightly upwards and then away from the head and face.</li> </ul> <p>Place in receptacle for reprocessing (if reusable) or in regular waste bin (if disposable).</p> |  |

|    |  |   |
|----|--|---|
| 6. | Perform hand hygiene.  |   |
| 7. | <p>Remove medical mask or N95 respirator.</p> <p><b>Medical mask: If you are less than 2 metres away from the patient, exit the room or area first.</b></p> <p><b>Respirator: must always be removed once outside the patient room.</b></p> <ul style="list-style-type: none"> <li>Grab only the ties, ear loops and straps</li> <li>Untie bottom tie then top tie or grasp ear loops. For N95 pull the bottom strap up and over the head.</li> <li>Pull forward off the head, bending forward to allow mask or respirator to fall away from the face.</li> <li>Discard into regular waste bin.</li> </ul> |   |
| 8. | Perform hand hygiene.  |  |

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