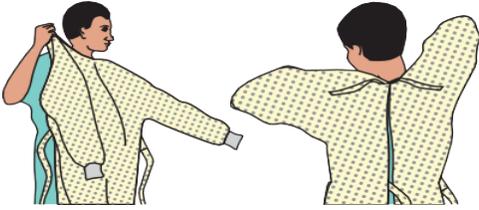
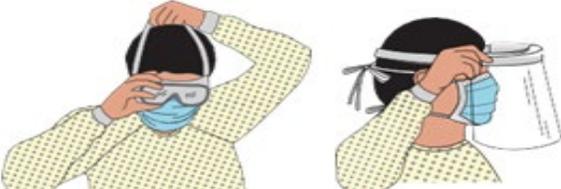
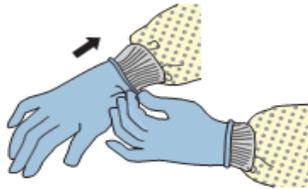


Infection Prevention and Control – Personal Protective Equipment

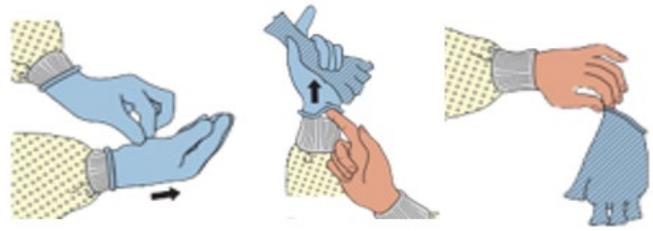
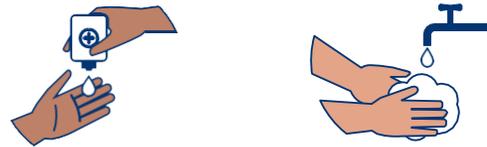
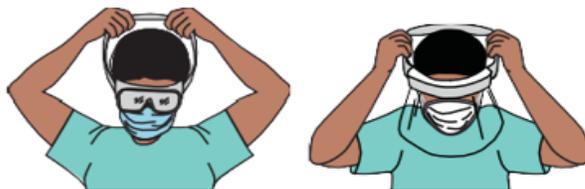
Appendix B: Infection Prevention and Control - Donning and Doffing Personal Protective Equipment (PPE)

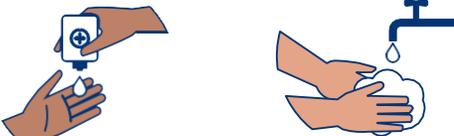
Version date: March 14, 2025

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

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

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

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

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

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