

Distributed by: The City of Middletown Health Department

**Personal Protective Equipment (PPE) Competency Validation
Donning and Doffing – Gown, Gloves, Mask or Respirator, Eye Protection**

Donning PPE	Correct	Incorrect
1. Perform Hand Hygiene		
2. Don Gown: <ul style="list-style-type: none"> • Fully covering torso from neck to knees, arms to end of wrists • Fasten in the back of neck and waist 		
3. Don Mask or NIOSH approved, fit-tested N95 (or equivalent) <ul style="list-style-type: none"> • Secure ties/elastic bands at middle of head & neck • Fit flexible band to nose bridge • Fit snug to face and below chin 		
4. Don Goggles or Face Shield: <ul style="list-style-type: none"> • Place over face and eyes and adjust to fit 		
5. Don Gloves: <ul style="list-style-type: none"> • Extend to cover wrist of gown 		
Doffing PPE		
1. Remove Gloves: <ul style="list-style-type: none"> • Using a gloved hand, grasp outside of glove with opposite gloved hand; peel off • Hold removed glove in the opposite gloved hand • Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove • Discard gloves in waste container • Outside of the gloves are contaminated. If your hands get contaminated during glove removal, immediately wash your hands or use alcohol-based hand sanitizer 		
2. Remove Goggles or Face Shield: <ul style="list-style-type: none"> • Remove from the back by lifting head band or ear pieces • Discard in designated receptacle if re-processed or in waste container • Outside of the goggles or face shield are contaminated. If your hands get contaminated during goggles or face shield removal, immediately wash your hands or use alcohol-based hand sanitizer 		
3. Remove Gown: <ul style="list-style-type: none"> • Unfasten ties/fastener taking care that sleeves don't contact your body when reaching for ties • Pull away from neck and shoulders, touching inside of gown only • Turn gown inside out • Fold or roll into bundle and discard • Gown front and gown sleeves are contaminated. If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer 		
4. Remove Mask NIOSH approved, fit-tested N95 (or equivalent): <ul style="list-style-type: none"> • Front of the mask is contaminated – DO NOT TOUCH! • If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer • Grasp bottom, then top ties or elastics and remove without touching the front of the mask • Discard in waste container 		
5. Perform Hand Hygiene after removing all PPE <ul style="list-style-type: none"> • Wash hands with soap and water for at least 20 seconds OR • Use an alcohol-based hand sanitizer • Perform hand hygiene between steps if hands become contaminated 		

Standard Precautions & Transmission Based Precautions	Correct	Incorrect
6. Staff correctly identifies the appropriate PPE for the following scenarios:		
a. Standard Precautions (PPE to be worn based on anticipated level of exposure)*		
b. Contact/Contact Enteric Precautions (gown & gloves)		
c. Droplet Precautions (surgical mask with eye protection)		
d. Airborne Precautions (OSHA approved, fit-tested respirator if applicable)		

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

- #### 1. GOWN

 - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
 - Fasten in back of neck and waist
- #### 2. 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
- #### 3. GOGGLES OR FACE SHIELD

 - Place over face and eyes and adjust to fit
- #### 4. GLOVES

 - Extend to cover wrist of isolation gown

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

- #### 1. GOWN AND GLOVES

 - Gown front and sleeves and the outside of gloves are contaminated!
 - If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
 - Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
 - While removing the gown, fold or roll the gown inside-out into a bundle
 - As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container
- #### 2. GOGGLES OR FACE SHIELD

 - Outside of goggles or face shield are contaminated!
 - If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
 - Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
 - If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container
- #### 3. MASK OR RESPIRATOR

 - Front of mask/respirator is contaminated — DO NOT TOUCH!
 - If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
 - Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
 - Discard in a waste container
- #### 4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE

Comments or follow up actions: