

APPENDIX C: RECOMMENDED STEPS FOR PUTTING ON AND TAKING OFF PERSONAL PROTECTIVE EQUIPMENT (PPE)

(Images developed by Kevin Rostant.

Some images adapted from Northwestern Ontario Infection Control Network – NWOICN)

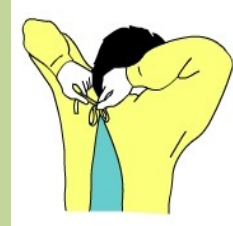
**PUTTING ON PPE**

**1. Perform Hand Hygiene**



**2. Put on Gown**

Tie neck and waist ties securely



**5. Put on Gloves**

- Put on gloves taking care not to tear or puncture glove
- If a gown is worn, the glove fits over the gown's cuff



**3. Put on Mask/N95 Respirator**

- Place mask over nose and under chin
- Secure ties, loops or straps
- Mould metal piece to your nose bridge
- For respirators, perform seal-check



**4. Put on Protective Eyewear**

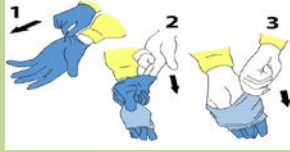
- Put on eye protection and adjust to fit
- Face shield should fit over brow



# TAKING OFF PPE

## 1. Remove Gloves

- Remove gloves using a glove-to-glove/skin-to-skin technique
- Grasp outside edge near the wrist and peel away, rolling the glove inside-out
- Reach under the second glove and peel away
- Discard immediately into waste receptacle



## 2. Remove Gown

- Remove gown in a manner that prevents contamination of clothing or skin
- Starting at the neck ties, the outer 'contaminated', side of gown is pulled forward and turned inward, rolled off the arms into a bundle, then discarded immediately in a manner that minimizes air disturbance



## 6. Perform Hand Hygiene



## 3. Perform Hand Hygiene



## 5. Remove Mask/N95 Respirator

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



## 4. Remove Eye Protection

- Arms of goggles and headband of face shields are considered to be 'clean' and may be touched with the hands
- The front of the goggles/face shield is considered to be contaminated
- Remove eye protection by handling ear loops, sides or back only
- Discard into waste receptacle or into appropriate container to be sent for reprocessing
- Personally-owned eyewear may be cleaned by the individual after each use

