

Procedure #4: Donning Personal Protective Equipment (PPE)

PURPOSES

To protect health care workers and clients from transmission of potentially infective materials

Equipment

- Gloves, clean—sterile, if necessary
- Gown, sterile or clean
- Cap
- Mask

Preparation

Remove or secure all loose items such as name tags or jewelry.

Performance

Prior to performing the procedure, introduce self and verify the client's identity using agency protocol. Explain to the client what you are going to do, why it is necessary, and how he or she can participate.

2. Perform hand hygiene.

3. Apply a clean gown.

- Pick up a clean gown, and allow it to unfold in front of you without allowing it to touch any area soiled with body substances.
- Slide the arms and the hands through the sleeves.
- Fasten the ties at the neck to keep the gown in place.
- Overlap the gown at the back as much as possible, and fasten the waist ties or belt.



4. Apply the face mask.

- Locate the top edge of the mask. The mask usually has a narrow metal strip along the edge.
- Hold the mask by the top two strings or loops.



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- Place the upper edge of the mask over the bridge of the nose, and tie the upper ties at the back of the head or secure the loops around the ears. If glasses are worn, fit the upper edge of the mask under the glasses.
- Secure the lower edge of the mask under the chin, and tie the lower ties at the nape of the neck.
- If the mask has a metal strip, adjust this firmly over the bridge of the nose.
- Wear the mask only once, and do not wear any mask longer than the manufacturer recommends or once it becomes wet.
- Do not leave a used face mask hanging around the neck.
- The Practice Guidelines provide further instructions on applying a face mask.

5. Apply protective eyewear if it is not combined with the face mask.



6. Apply clean gloves.

- No special technique is required.
- If wearing a gown, pull the gloves up to cover the cuffs of the gown. If not wearing a gown, pull the gloves up to cover the wrists.



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PROCEDURE CHECKLIST
Donning Personal Protective Equipment (PPE)

Check (✓) Yes or (✗) No

PROCEDURE STEPS	Yes	No	COMMENTS
1. Assesses need for personal protective equipment. <i>Gloves:</i> When the nurse may be exposed to potentially infectious secretions or materials. <i>Gowns:</i> When the nurse's uniform may get exposed to potentially infectious secretions. <i>Face mask:</i> When splashing may occur and potentially contaminate the nurse's mouth or nose. <i>Face shield or eye goggles:</i> When splashing may occur and potentially contaminate the nurse's eyes.			
2. Determines availability of appropriate personal protective equipment.			
3. Picks up gown by shoulders; allows to fall open without touching any contaminated surface.			
4. Slips arms into the sleeves; fastens ties at the neck.			
5. If gown does not completely cover clothing, wears two gowns. Places the first gown on with the opening in the front and then places the second gown over the first with the opening in the back.			
6. Identifies the top edge of the mask by locating the thin metal strip that goes over the bridge of the nose.			
7. Picks up mask with the top ties or ear loops.			
8. Places metal strip over bridge of nose and ties upper ties or slips loops around ears.			
9. Places lower edge of mask below chin and ties lower ties.			
10. Presses metal strip so it conforms to the bridge of the nose.			
11. Dons face shield by placing shield over eyes, adjusting metal strip over bridge of nose, and tucking the lower edge below the chin. Secures straps behind head.			
12. Dons safety glasses or goggles by setting them over the top edge of the face mask.			
13. Selects appropriate size.			
14. If wearing a gown, makes sure that the glove cuff extends over the cuff of the gown.			
15. If there is not complete coverage, tapes the glove cuff to the gown.			