

Procedure #3: 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.

