

PPE Procedures for Students in Clinical Placements

General Guidelines for PPE

- ▶ The correct order of donning and doffing PPE is key for protecting against contamination
- ▶ Keep PPE in place and wear correctly at all times during clinical placements
- ▶ Try to consolidate tasks and limit entering and exiting rooms as much as possible
- ▶ Remove slowly and deliberately in a sequence that prevents self-contamination

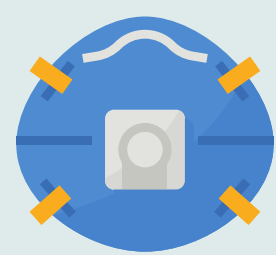
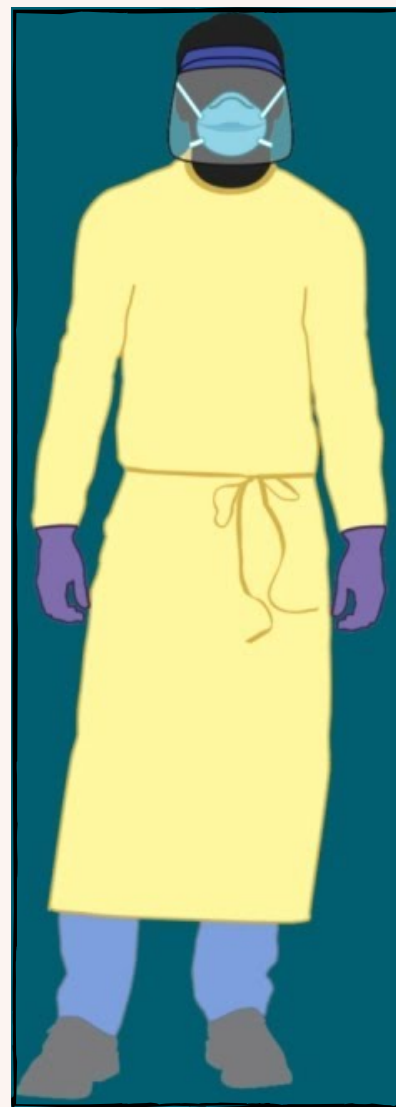
How to Don PPE Step-by-step

1. Identify and gather all proper PPE (gown, facemask, gloves, face shield or goggles)

2. Perform hand hygiene

3. Put on isolation gown

- ▶ Choose an appropriate type and size
- ▶ Secure at the neck and waist using the ties or buttons
- ▶ Do not tie the gown in the front



4. N95 Filtering Facepiece Respirator (NIOSH-approved)

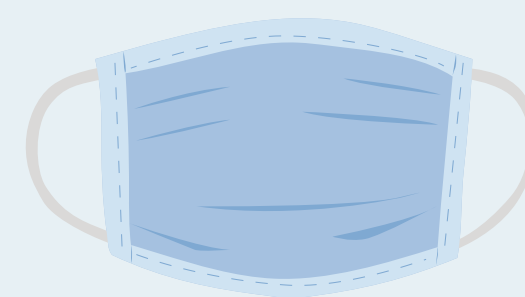
- ▶ Fit over the nose, mouth, and chin with both hands, do not bend or pinch nose piece
- ▶ Fit the flexible nose piece over the bridge of the nose
- ▶ Secure on the head with elastic by placing the top strap on the crown of the head and bottom strap on the base of the neck
- ▶ Adjust to fit
- ▶ Perform a fit and seal check by having the respirator collapse on inhale, and check for leakage on exhale

5. Eye & Face Protection Face Shield or Goggles

- ▶ Position face shield and secure on the brow using the headband
- ▶ Position goggles over eyes and secure to head using ear pieces or headband
- ▶ Adjust to fit comfortably



Facemask



- ▶ Secure top tie to crown of the head and the bottom tie at base of neck or hook loops around the ears
- ▶ Make sure the mask is constantly covering the nose, mouth, and chin
- ▶ Do not touch the inside or front of the mask

6. Gloves



- ▶ Perform hand hygiene before putting gloves on
- ▶ Select the correct type and size
- ▶ Gloves should cover the cuff (wrist) of the gown
- ▶ Keep gloved hands away from the face

How to Doff PPE Gear Step-by-step

- ▶ Places to doff are at the doorway, before leaving patient room or in anteroom
- ▶ Remove respirator outside room, after the door has been closed

1. Remove Gloves

- ▶ There are several techniques (glove-in-glove or bird beak)
- ▶ Grasp outside edge near the wrist and peel away from hand, turning glove inside-out, hold in opposite gloved hand
- ▶ Slide ungloved finger under the wrist of the remaining glove and peel off from the inside, creating a bag for both gloves
- ▶ Discard

2. Remove Face Shield or Goggles

- ▶ Grasp the straps or head pieces with ungloved hands
- ▶ Lift away from face
- ▶ Do not touch the front of the goggles or face shield
- ▶ Place in designated receptacle for reprocessing or disposal

3. Remove Gown

- ▶ Unfasten all ties or buttons
- ▶ Reach up to the shoulders and carefully pull gown down and away from the body
- ▶ Turn contaminated outside toward the inside
- ▶ Dispose in trash receptacle
- ▶ Healthcare personnel may now exit the room

4. Perform Hand Hygiene

5. Remove Particulate Respirator

- ▶ Lift the bottom elastic strap over the head first
- ▶ Lift off top elastic strap and bring carefully over the head and pull away from face without touching the front and discard



Remove Face Mask

- ▶ Untie the bottom, then the top
- ▶ Remove from face and discard

6. Perform Hand Hygiene

- ▶ After removal of respirator or face mask, and before putting on again if practicing reuse

Reusable Mask Care

- ▶ During meal breaks carefully fold the face mask, outer surface held inward and against itself to eliminate contact with outer surfaces
- ▶ Store in between usage in a clean breathable container or bag
- ▶ When donning PPE, remove the mask and store on a clean surface or paper bag for later reuse



Sources:
CDC

Washington State Department of Health