

Self-Assess	Applying Personal Protective Equipment (PPE)
	Verify HCP orders to determine which PPE are to be used.
	Equipment Needed: Gloves, masks, impervious gown, protective eyewear (when appropriate).
	Putting on PPE
	1. Gown: Put on gown, with opening in the back taking care to cover the entire front and back of uniform. Tie gown securely at back of gown (tie neck first and then waist).
	2. Mask: Put on mask, with blue facing outward and wire on top. Secure it over the nose, mouth and chin. If mask has ties - tie head first then at neck. If elastic, pull around ears. Press wire around nose.
	3. Goggles: Put on goggles or face shield <u>when appropriate</u> .
	4. Gloves: Pull cuffs of gown down over part of hands prior to applying gloves. Apply gloves, making sure extending gloves to cover the cuff of the gown sleeve. No exposed skin!
	Remove PPE
	<p>1. Remove gloves:</p> <ul style="list-style-type: none"> a. Free your Wrists - Grasp gown near cuff area and pull up exposing about an inch of skin, do this on both sides. b. Glove to glove - Pinch palm area (stay away from cuff), with opposite gloved hand and pulls off glove turning glove inside out holding dirty glove in palm of gloved hand. (dirty to dirty) c. Finger to skin - Slide clean finger of ungloved hand under cuff of dirty glove and remove turning inside out, taking care not to touch the outer surface. (clean to clean) d. Dispose in proper waste container.
	<p>2. Remove goggles/face shield (only if appropriate):</p> <ul style="list-style-type: none"> a. Grasp goggles/face shield by head band or earpieces b. Lift away from face c. Dispose in proper waste container.
	<p>3. Remove gown:</p> <ul style="list-style-type: none"> a. Unfasten ties of waist and then tie at neck. Pull gown off shoulders by just holding ties and then let go. b. Slide clean finger under gown cuff, pull gown down over hand making a mitt. (clean to clean) c. With mitt hand, grasps opposite gown sleeve and pull gown down, (dirty to dirty) allowing gown to fall away from shoulder, making a mitt. d. Keeping hands on inner surface of gown pull from arms and remove gown without touching outside surface. Be care NOT to TELESCOPE sleeve over the hand. e. Turn gown inside out f. Fold or roll gown into a bundle, stopping about 12 inches before the bottom edge and discard in proper waste container.
	<p>Important: Remove all PPE at the patient's doorway except for N95 Respirator Mask. Remove N95 Respirator Mask after leaving the patient room, closing the door, and entering the anteroom.</p> <p>4. Remove mask:</p> <ul style="list-style-type: none"> a. For elastic – grasp elastic loops and pull off, being careful to touch only the elastic. b. For tie mask - Grasp the neck ties first and then the head ties and remove. Take care to avoid touching front of mask. c. Discard in proper waste container.
	5. Perform hand hygiene immediately after removing PPE.