

**IT'S OK TO ASK FOR HELP TO USE PPE**

**USING PPE HELPS TO PROTECT YOU AND OTHERS**

## **HAND HYGIENE**

Special care must be paid to **hand hygiene** as it is the best way to prevent the spread of germs. **Good hand hygiene includes these steps:**

### **ALCOHOL-BASED HAND RUB**

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

### **HAND WASHING**

- Use warm running water and soap
- Spend at least **15-30** seconds lathering and washing hands
- Rub hands together, paying attention to finger tips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in the garbage

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# **Personal Protective Equipment**

***Protect Yourself***

***Protect Others***

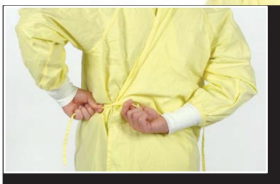


**INFECTION PREVENTION  
& CONTROL PROGRAM**

# Personal Protective Equipment Putting it On in 5 Easy Steps

- 1 HANDS**
- clean your hands with hand sanitizer or soap and water

- 2 GOWN**
- first tie at top
  - next tie at waist
  - ensure opening is in back and that it covers your skin and clothes



- 3 MASK**
- put on a procedure or surgical mask
  - mould the metal piece to fit your nose



ALTERNATE:  
N95 Respirator if indicated



- 4 EYE PROTECTION**
- put on eye protection



ALTERNATE:  
Combo mask/eye shield



- 5 GLOVES**
- pull on gloves & ensure they cover cuffs of gown



A Fit Check Must be performed with each use



Infection Prevention  
+ Control Program

Protect yourself - Protect others

March 2014

Adapted from the Winnipeg Regional Health Authority

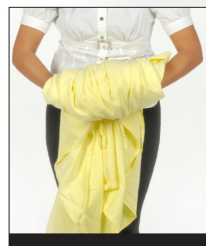
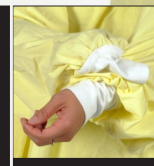
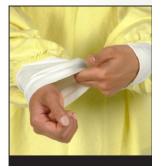
# Personal Protective Equipment Taking it Off in 6 Easy Steps

\*Remove ALL PPE,  
with exception of N95, before leaving patient room

- 1 GLOVES**
- remove glove to glove, skin to skin
  - place gloves in garbage



- 2 GOWN**
- untie neck, then waist
  - hook fingers under opposite cuff; pull over hand
  - use gown-covered hand to pull gown over other hand
  - pull gown off without touching outside of gown
  - roll up inside out
  - place in laundry hamper or garbage as appropriate



- 3 HANDS**
- clean your hands with hand sanitizer or soap and water

- 4 EYE PROTECTION**
- remove eye protection by handles and place in reprocessing bin or garbage



- 5 MASK/ N95 RESPIRATOR**
- remove using loops or ties; do not touch mask.
  - N95 should be removed outside of the room after the door has been closed. Place in garbage



- 6 HANDS**
- Clean your hands immediately after removal of PPE or anytime you suspect your hands are contaminated during PPE removal



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