

Protect Yourself - Protect Others Personal Protective Equipment

Putting it on in 5 easy steps

1. Hands

- Clean your hands with sanitizer or soap and water.

2. Gown

- Tie at top.
- Then tie at waist.
- Ensure the opening is in back and it covers your skin and clothes.



3. Mask

- Put on a procedure or surgical mask.
- Mold the metal to fit your nose.
- A fit check must be performed with each use.



Alternate: N95 respirator if indicated.

4. Eye Protection

- Put on eye protection.



Alternate: Combo mask/eye shield.

5. Gloves

- Pull on gloves and ensure they cover the cuffs of your gown.



*Remove all PPE, with the exception of N95, before leaving patient room.

Adapted with permission from the Winnipeg Regional Health Authority

Protect Yourself - Protect Others Personal Protective Equipment

Taking it off in 6 easy steps

1. Gloves

- Remove gloves.
- Clean your hands with sanitizer or soap and water.



2. Gown

- Untie neck. Untie 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/discard.



3. Hands

- Clean your hands with sanitizer or soap and water.

4. Eye Protection

- Remove 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.



*Remove all PPE, with the exception of N95, before leaving patient room.

Adapted with permission from the Winnipeg Regional Health Authority