

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

USING PPE HELPS TO PROTECT YOU AND OTHERS.

Personal Protective Equipment (PPE) are items worn to provide a barrier to help prevent potential exposure to blood, bodily fluid, and infectious material. It is designed to minimize risk and to break the chain of infection when worn appropriately. PPE includes masks, gloves, gowns, face shields, goggles, etc.

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:

Alcohol-Based Hand Rub

1. Apply to palm of one hand.
2. Rub hands together, covering all of hands and fingers.
3. Rub until hands feel dry.

Hand Washing

1. Remove all jewelry.
2. Use warm running water and soap.
3. Spend at least **15-30** seconds lathering and washing hands.
4. Rub hands together, paying attention to fingertips, between the fingers, and thumbs.
5. Rinse thoroughly.
6. Dry with paper towel and turn off tap with paper towel.
7. Dispose of paper towel in the garbage.

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Personal Protective Equipment (PPE)

Protect Yourself

Protect Others

**INFECTION PREVENTION
& CONTROL PROGRAM**
www.easternhealth.ca

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.



Newfoundland
Labrador

*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.

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