

# SEQUENCE FOR **DONNING** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE will vary based on the level of protection required.

## **STEP 1: GOWN**

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around back
- Fasten in back of neck and waist



## **STEP 2: SHOE COVERS**

- Pull shoe covers over shoes



## **STEP 3: GLOVES**

- Apply first layer of gloves (check for tears)
- Cut hole in lab coat for thumb
- Pull lab coat over hand putting thumb through hole
- Apply second layer of gloves (extend to cover wrist)



## **STEP 4: MASK OR RESPIRATOR**

- Cup the respirator in your hand; nosepiece at fingertips
- Position the respirator under your chin with nosepiece up
- Pull top strap over head resting it at back of head
- Pull bottom strap over head resting around neck below ears
- Using two hands; mold nose
- Place both hands over mask and exhale sharply
- If air leaks out adjust mask



## **STEP 5: GOGGLES OR FACE SHIELD (IF NEEDED)**

- Place over face and eyes; adjust to fit



**USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION**

- Keep hands away from face
- Change outer gloves before removing hands from BSC
- Disinfect surfaces frequently

# SEQUENCE FOR **DOFFING** PERSONAL PROTECTIVE EQUIPMENT (PPE)

## **STEP 1: GLOVES**

- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand; peel glove off over first glove; discard in waste container
- Leave inner layer of gloves on



## **STEP 2: GOGGLES OR FACE SHIELD (IF USED)**

- Handle by head band or ear pieces and place in designated receptacle

## **STEP 3: GOWN**

- Unfasten ties
- Pull away from neck and shoulders, turning gown inside out
- Fold or roll into a bundle and discard in waste container



## **STEP 4: SHOE COVERS**

- Touch highest part of shoe cover behind ankle only
- Pull shoe cover off of first shoe; place foot in clean area
- Pull shoe cover off of second shoe; place foot in clean area



## **STEP 5: MASK OR RESPIRATOR**

- Front of mask may be contaminated; touch only with gloved hands
- Grasp side of mask with both hands
- Gently pull off over face; discard in waste container



## **STEP 6: INNER GLOVES**

- Grasp outside of glove with opposite hand; peel off
- Hold removed glove in opposite gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first glove and discard



## **STEP 7: WASH HANDS**

- Wash hands thoroughly