

9. Personal Protective Equipment

In addition to hand hygiene, the following items are barriers for prevention of exposure to blood and body fluids:

- Gloves
- Gowns
- Respiratory protection
- Face/eye protection.

Gloves

Gloves are the most commonly worn personal protective equipment. Choose the type of glove based on the risks for which you are wearing them. Wear them when there is likely to be hand exposure to blood and body fluids.

Gloves must be worn when:

- Touching blood or body fluids
- Touching non-intact skin
- The health care provider has open lesions on their own hands
- Handling equipment that has been soiled with blood or body fluids.

Perform hand hygiene when putting on clean gloves and immediately after glove removal.

Putting on PPE:

- Gown, first
- Mask and eye protection, second
- Gloves, last



Gloves must be changed when:

- Moving from dirty to clean procedures on the same patient or patient environment
- After contact with large amounts of blood and body fluids
- Between patients.

Gloves are not required for routine patient care activities where contact is limited to a patient's intact skin.

Remove gloves promptly after use and dispose of them. Perform hand hygiene before touching clean items and environmental surfaces, before touching your eyes, nose and mouth, and before going on to another patient.

Disposable gloves should not be washed. Washing will cause them to leak.

Gowns

Putting on the gown is the first step in putting on PPE, putting mask and eye protection is the second step. Gloves are always put on last.

- Long sleeved gowns must be worn during procedures likely to generate splashes or sprays of blood or body fluids that could contaminate exposed skin or clothing.
- When a gown is worn, it should be removed immediately after completion of the patient care activity. Perform hand hygiene after gown removal to avoid transfer of organisms to patients, the environment, and yourself.
- Each gown should be worn only once.
- Disposable gowns are discarded into garbage container after each use immediately after finishing the task.
- Cloth gowns are laundered after each use.

Procedural Masks

Procedure masks with ear loops are the easiest to put on and remove. Put on masks after putting on the gown and eye protection.

- Masks are worn to protect the mucous membranes of your nose and mouth
- Masks should be worn within 2 metres (6 feet) of a coughing/sneezing patient
- Change your mask when it gets wet as it will no longer be an effective barrier
- Discard the used mask into garbage container
- Perform hand hygiene immediately after mask removal
- Masks are never to be worn dangling around one's neck

Eye Protection

Splashes and sprays can be generated from a patient's behaviour (e.g. coughing or sneezing) or during procedures (e.g. suctioning, wound irrigation, or cleaning soiled equipment).

Eye goggles or a face shield must be worn to protect the mucous membranes of your eyes, nose and mouth during these type of procedures.

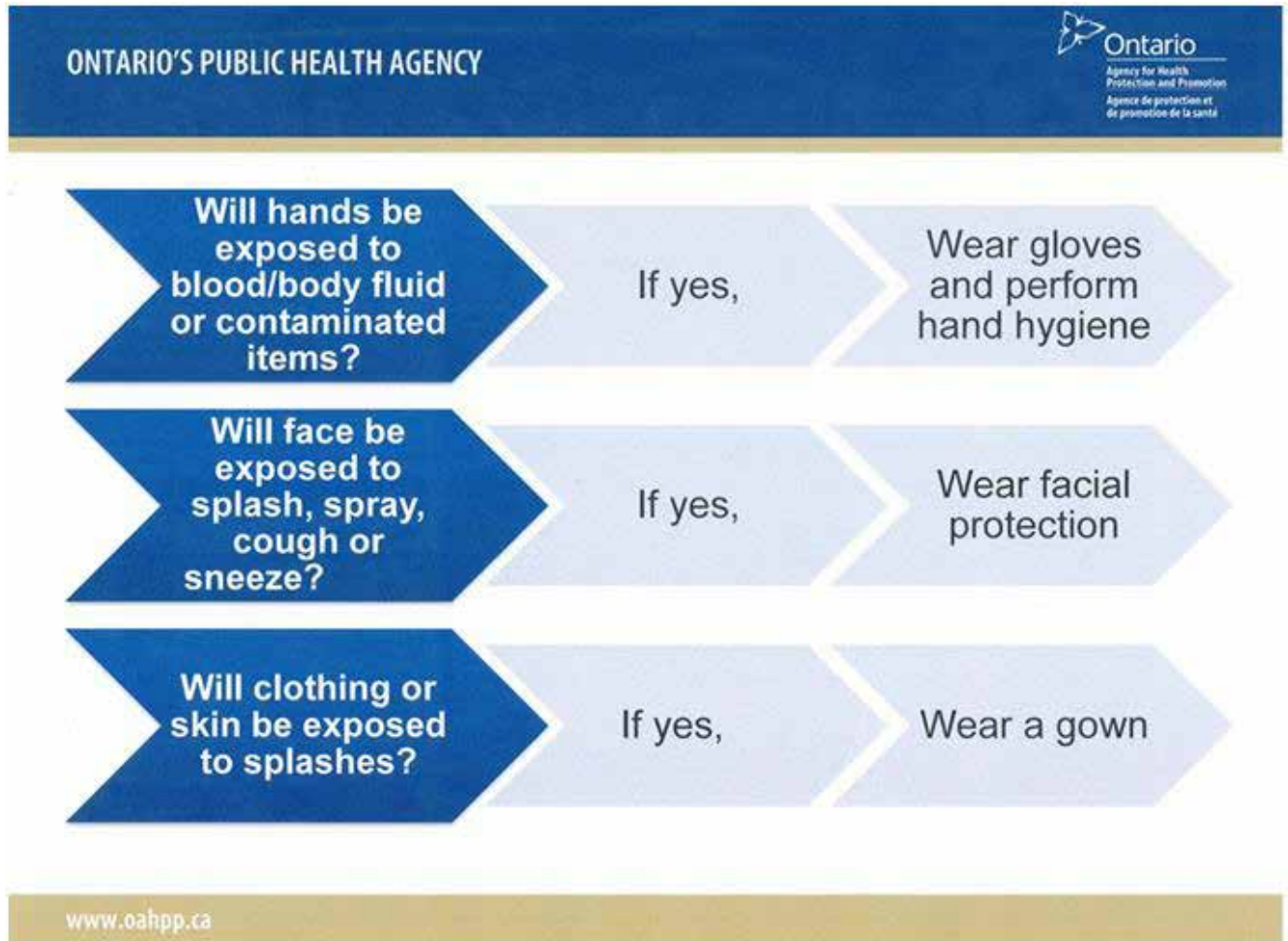
Choose eye protection that shields the eye from all directions. Prescription eyeglasses are not adequate protection. Goggles or face shields should fit over prescription glasses.

Eye goggles or a face shield must be worn whenever wearing an N95 mask.



Appendix A:

Risk assessment and choosing appropriate personal protective equipment for the task is a matter of answering three simple questions:



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Next pages:

Appendix B: Putting on Personal Protective Equipment

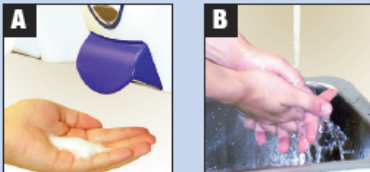
Appendix C: Taking off Personal Protective Equipment

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Putting on (Donning) Personal Protective Equipment (PPE)

1 HAND HYGIENE



- A** Using an alcohol-based hand rub is the preferred way to **clean your hands**.
- B** If your hands look or feel dirty, soap and water must be used to wash your hands.

2 Gown



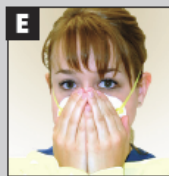
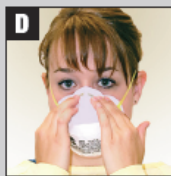
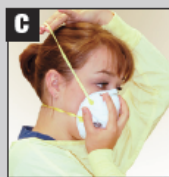
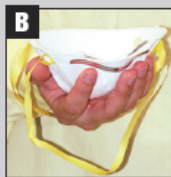
- A** Make sure the gown covers from neck to knees to wrist.
- B** Tie at the back of neck and waist.

3 Procedure/surgical mask

- ◆ Secure the ties or elastic bands around your head so the mask stays in place.
- ◆ Fit the movable band to the nose bridge. Fit snugly to your face and below chin.



N95 respirator



- A** Pre-stretch both top and bottom straps before placing the respirator on your face.
- B** Cup the N95 respirator in your hand.
- C** Position the N95 respirator under your chin with the nose piece up. Secure the elastic band around your head so the N95 respirator stays in place.
- D** Use both hands to mold the metal band of the N95 respirator around the bridge of your nose.
- E** Fit check the N95 respirator.

4 Eye protection or face shields



- ◆ Place over the face and eyes and adjust to fit.

5 Gloves



- ◆ Pull the cuffs of the gloves over the cuffs of the gown.



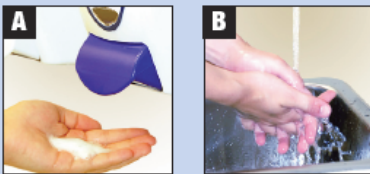
Taking off (Doffing) Personal Protective Equipment (PPE)

1 Gloves



- A** Grasp the outside edge of the glove near the wrist and peel away from the hand, turning the glove inside-out.
- ◆ Hold the glove in the opposite gloved hand.
- B** Slide an ungloved finger or thumb under the wrist of the remaining glove.
- C** Peel the glove off and over the first glove, making a bag for both gloves.
- ◆ Put the gloves in the garbage.

2 HAND HYGIENE



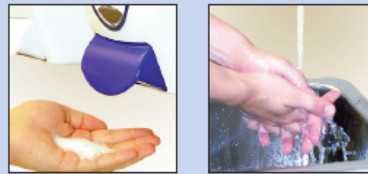
- A** Using an alcohol-based hand rub is the preferred way to **clean your hands**.
- B** If your hands look or feel dirty, soap and water must be used to wash your hands.

3 Gown



- A** Carefully unfasten ties.
- B** Grasp the outside of the gown at the back of the shoulders and pull the gown down over the arms.
- C** Turn the gown inside out during removal.
- ◆ Put in hamper or, if disposable, put in garbage.

4 HAND HYGIENE



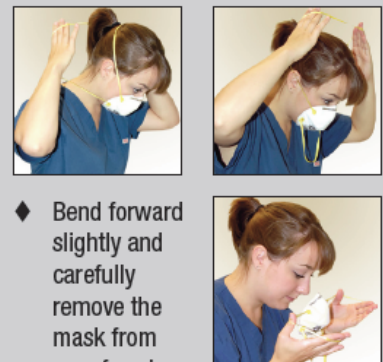
- ◆ **Clean your hands.** (See No. 2)
- ◆ Exit the patient room, close the door and **clean your hands** again.

5 Eye protection or face shield



- ◆ Handle only by headband or ear pieces.
- ◆ Carefully pull away from face.
- ◆ Put reusable items in appropriate area for cleaning.
- ◆ Throw disposable items into garbage.

6 Mask or N95 respirator



- ◆ Bend forward slightly and carefully remove the mask from your face by touching only the ties or elastic bands.
- ◆ Start with the bottom tie, then remove the top tie.
- ◆ Throw the mask in the garbage.

7 HAND HYGIENE


- ◆ **Clean your hands.** (See No. 2)

Correct Sequence of Putting On and Removing Personal Protective Equipment

Putting On Personal Protective Equipment

1	 <p>Perform hand hygiene</p>
2	 <p>PUT ON gown</p>
3	 <p>PUT ON mask or N95 respirator</p>
4	 <p>PUT ON eye protection</p>
5	 <p>PUT ON gloves</p>


Removing Personal Protective Equipment

1	 <p>REMOVE gloves</p>
2	 <p>REMOVE gown</p>
3	 <p>Perform hand hygiene</p>
4	 <p>REMOVE eye protection</p>
5	 <p>REMOVE mask or N95 respirator</p>
6	 <p>Perform hand hygiene</p>

Ordre correct dans lequel revêtir et retirer l'équipement de protection individuelle (EPI)
Iluqqtumik Atilugu Mattaqlugu Inuup Aanniqtailidjutikhangit Atuqtaqhait

Revêtir l'EPI

Atilugu (PPE) Aanniqtailidjutikhangit ait

1	Se laver les mains Algakkit uaqattaqlugiik	
2	REVÊTIR la jaquette ATILUGU qaliqtaghamik	
3	REVÊTIR le masque ou le respirateur N95 ATILUGU qannirmut mattu uvaluunnit N95	
4	REVÊTIR les lunettes de protection ATILUGIIK ilgaak	
5	REVÊTIR les gants ATILUGIIK algaak	

Retirer l'EPI

Mattaqlugu (PPE)
Aanniqtailidjutikhangit Atuqtaqhait

1	RETIRER les gants MATTAQLUGIIK algaak	
2	RETIRER la jaquette MATTAQLUTIT qaliqtaghamik	
3	Se laver les mains Algakkit uaqattaqlugiik	
4	RETIRER les lunettes de protection MATTAQLUGIIK ilgaak	
5	RETIRER le masque ou le respirateur N95 MATTAQLUGU qannirmut mattu uvaluunnit N95 aannighaaktaut	
6	Se laver les mains Algakkit uaqattaqlugiik	

Appendix D:

Storage of Personal Protective Equipment

The storage area must be protected from damage. It must be neat, clean and free from fire hazards, dampness, rodents and insects.

Personal protective equipment (PPE) supplies must be stored in storage conditions which include:

- controlled temperature in the range of 15° to 30° C;
- relative humidity between 30% and 50%;
- equipment must be stored at least 15cm (6 inches) off the floor;
- equipment must not be piled closer than 3 ft. (91 cm or 36 inches) to any heat source or
- 18 inches (46 cm) from light fixtures and exterior walls; and
- Alcohol-based hand sanitizers should be kept away from fire or flame, including electrical outlets.

Recommended temperatures could vary if no temperature sensitive material is stored (e.g. gowns, face shields).

Special Requirements for Consideration

- The building and all service components must be kept in good operating condition to maintain satisfactory storage conditions.
- The storage area must be inspected periodically for any evidence of leakage, ground seepage, insect or rodent infestation, unauthorized removal of supplies and deterioration of any of the supplies.
- Rotate supplies, based on expiry dates, on a routine basis to prevent unnecessary wastage.



