

Donning and Doffing Gown, Mask, Goggles and Gloves

The following is a basic overview of the step-by-step process for donning (putting on) and doffing (removing) personal protective equipment.

Donning Technique

Step 1: Gown

1. Fully cover your torso from your neck to your knees, arms to the end of your wrists, and wrap the gown around the back of your torso.
2. Fasten at the back of your neck and at your waist.

Step 2: Mask

1. Secure ties or elastic bands at the middle of the back of our head and at your neck.
2. Fit the flexible band to our nose bridge.
3. Fit snug to your face and below your chin.

Step 3: Goggles/Face Shield

1. Put on the goggles and adjust to fit. Place the face shield over your face and adjust to fit.

Step 4: Gloves

1. Pull one glove on; extend it to cover the wrist portion of your gown. Repeat for other glove.

Doffing Technique (The PPE is consider contaminated and should not be touched)

Step 1: Gloves

1. Grasp the outside of one gloved hand with the opposite gloved hand; peel off dirty glove.
2. Hold the removed glove in the gloved hand.
3. Slide fingers of ungloved hand under the wrist portion of the remaining glove.
4. Peel glove off over the first glove so they are being rolled into themselves. This minimizes contamination of your exposed hands to the dirty outside surface area of the gloves.
5. Dispose of gloves in the appropriate container.
6. **Wash your hands.**

Step 2: Gowns

1. Unfasten ties at your neck and waist.
2. Pull gown away from your neck and shoulders, only touching the inside of the gown.
3. Turn the gown inside out; fold and roll into a bundle for disposal in appropriate container.
4. **Wash your hands.**

Step 3: Goggles/Face Shields

1. Only handle the earpieces or headband.
2. Remove and dispose of goggles/face shield in the appropriate container.
3. **Wash your hands.**

Step 4: Mask

1. Re-glove as per the donning procedure for gloves (above).
2. Remove the mask without snapping the elastic bands.
3. Dispose of the mask, along with the glove used, in the appropriate container.
4. **Wash your hands.**

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!