

Donning and Doffing Gown, Mask, Goggles and Gloves

Always inspect your PPE prior to donning.

Donning PPE

Step 1: Perform Hand Hygiene

Step 2: Gown

- a. 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.
- b. Fasten at the back of your neck and at your waist.

Step 3: Procedure/surgical Mask or Respirator

The donning techniques for a N95 respirator are intended to provide a basic overview, it is not the specific fit testing training on a respirator. **Being properly fit tested will determine the appropriate respirator for you, and provide the specific donning and doffing instructions.**

Procedure/surgical mask:

- a. Secure ties or elastic bands at the middle of the back of your head and at your neck. For many disposable masks, the elastics would go around your ears.
- b. Fit the moldable band to the bridge of your nose.
- c. Fit snugly to your face - covering your nose, mouth and below the chin.

or

N95 Respirator: may need to refer to the manufacturer instructions

- 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 as per training. The respirator will cover your nose, mouth and below the chin.

Step 4: Goggles/Face Shield

Goggles:

- a. Place goggles over your eyes.
- b. Adjust to securely fit and stay in place.

or

Face shield:

- a. Ensure the shield is securely attached to the frame (headband).
- b. Place face shield frame (headband) around your head, at forehead level, so the shield would cover your face and eyes.
- c. Adjust to securely fit and stay in place.

Step 5: Gloves

- a. Pull on one glove and extend over the cuff of the gown.
- b. Pull on the other glove and extend over the cuff of the gown.

Step 6: Inspection

- a. Inspect for gaps/tears during donning
- b. For range of motion (move your arms, legs and neck), ensure PPE stays in place.

Doffing PPE**Step 1: Gloves. The outside of the gloves is considered contaminated and should not be touched.**

- a. Grasp the outside edge of one glove near the wrist and peel away from the hand, turning the glove inside-out.
- b. Hold the removed glove in gloved hand.
- c. Slide ungloved finger or thumb under the wrist of the remaining glove.
- d. Peel glove off and over the first glove so they are being rolled into themselves and make a bag for both gloves (this minimizes contamination of your exposed hands to the outside dirty surface area of the gloves).
- d. Place in appropriate waste receptacle.
- f. **Perform hand hygiene.**

Step 2: Gown. The front and sleeves of a gown are considered contaminated and should not be touched.

- a. Unfasten ties at neck and waist.
- b. Slide two fingers under cuff of gown and pull hand into gown. Using the hand that is covered, grab the opposite sleeve of gown and pull away from your body and over your hand.
- c. Fold the gown inward on to itself and rolling it away from you until it becomes small enough to discard.
- d. Place re-usable gown in appropriate hamper; put disposable gown into appropriate waste receptacle.
- e. **Perform hand hygiene.**

Step 3 - Goggles/Face Shield. The front of goggles/face shield are considered contaminated and should not be touched.

Goggles:

- a. Only handle by the ear pieces/arms of the goggles.
- b. Bend forward slightly and carefully remove the goggles.
- c. Place re-usable items in appropriate area for cleaning; put disposable items into appropriate waste receptacle.
- d. **Perform hand hygiene.**

or

Face shield:

- a. Only handle by the headband.
- b. Bend forward slightly and carefully pull off the top of your head and away from your face.
- c. Place re-usable items in appropriate area for cleaning; put disposable items into appropriate waste receptacle.
- d. **Perform hand hygiene.**

Step 4 - Procedure/surgical Mask or Respirator. The front of a mask/respirator is considered contaminated and should not be touched.

Procedure/surgical Mask:

- a. Bend forward slightly - then carefully remove the mask from your face by only touching the ties or elastic bands.
- b. Maintain a good hold/control of the ties/elastics so that the mask does not flip around.
- c. Place disposable items into appropriate waste receptacle.
- d. **Perform hand hygiene.**

or

N95 Respirator (may need to refer to the manufacturer instructions):

- a. Bend forward slightly - then carefully remove the respirator from your face by only touching the elastic bands.
- b. Start with using both hands to carefully remove the bottom elastic up and over your head; maintain a good hold/control of the elastics so that the respirator does not flip around.
- c. Maintain a good hold/control of the elastic with one hand; with the other hand carefully remove the top elastic up and over your head.
- d. Place disposable items into appropriate waste receptacle.
- e. **Perform hand hygiene.**

source: SASWH's Donning & Doffing PPE program

Safety Talk Discussion

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