

# Personal Protective Equipment

## HOW TO PUT ON PERSONAL PROTECTIVE EQUIPMENT



1

### CLEAN YOUR HANDS

- Alcohol-based hand rub is the preferred method for cleaning hands when hands are not visibly soiled.
- Clean between fingers, backs of hands, fingertips & thumbs.
- Clean hands for 20-30 seconds.



2

### PUT ON GOWN

- Select appropriate size and type.
- Wear gown and keep opening to the back.
- Secure neck and waist.
- If gown is too small, use two gowns:
  - Gown #1 ties in front.
  - Gown #2 ties in back.



3

### PUT ON MASK

(Use N95 for AEROSOL generating procedures and in case of AIRBORNE)



4

### PUT ON EYE PROTECTION

- Position goggles over your head and secure using the earpieces or headband.
- Position face shield over face and secure to brow with headband.
- Adjust to fit comfortably.



5

### PUT ON GLOVES

- Select correct type and size.
- Put on gloves.
- Extend gloves over cuffs of isolation gown.