

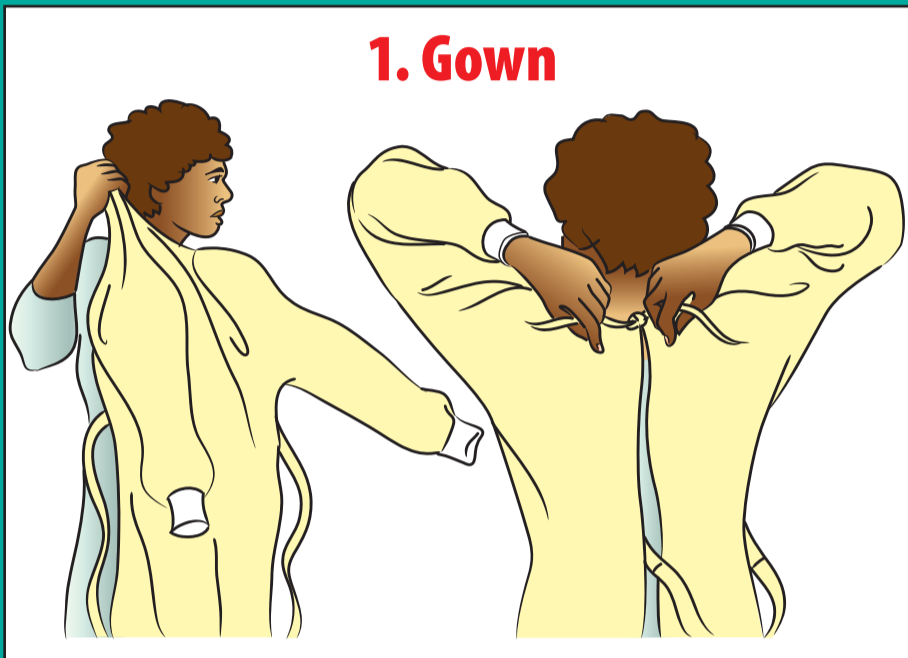
Sequence for putting on personal protective equipment (PPE)

Gather all PPE supplies, check correct size for fit,

Remove all personal items (jewellery, watches, wedding ring, cell/mobile phone)

Ensure you have a Supervisor/buddy or mirror

Perform hand hygiene using soap and water (40-60 seconds) or alcohol based hand rub (20-30 seconds)



1. Gown

- Long sleeves down to wrist
- Length of gown to knees
- Ties at back of neck and waist



- Put on apron if necessary



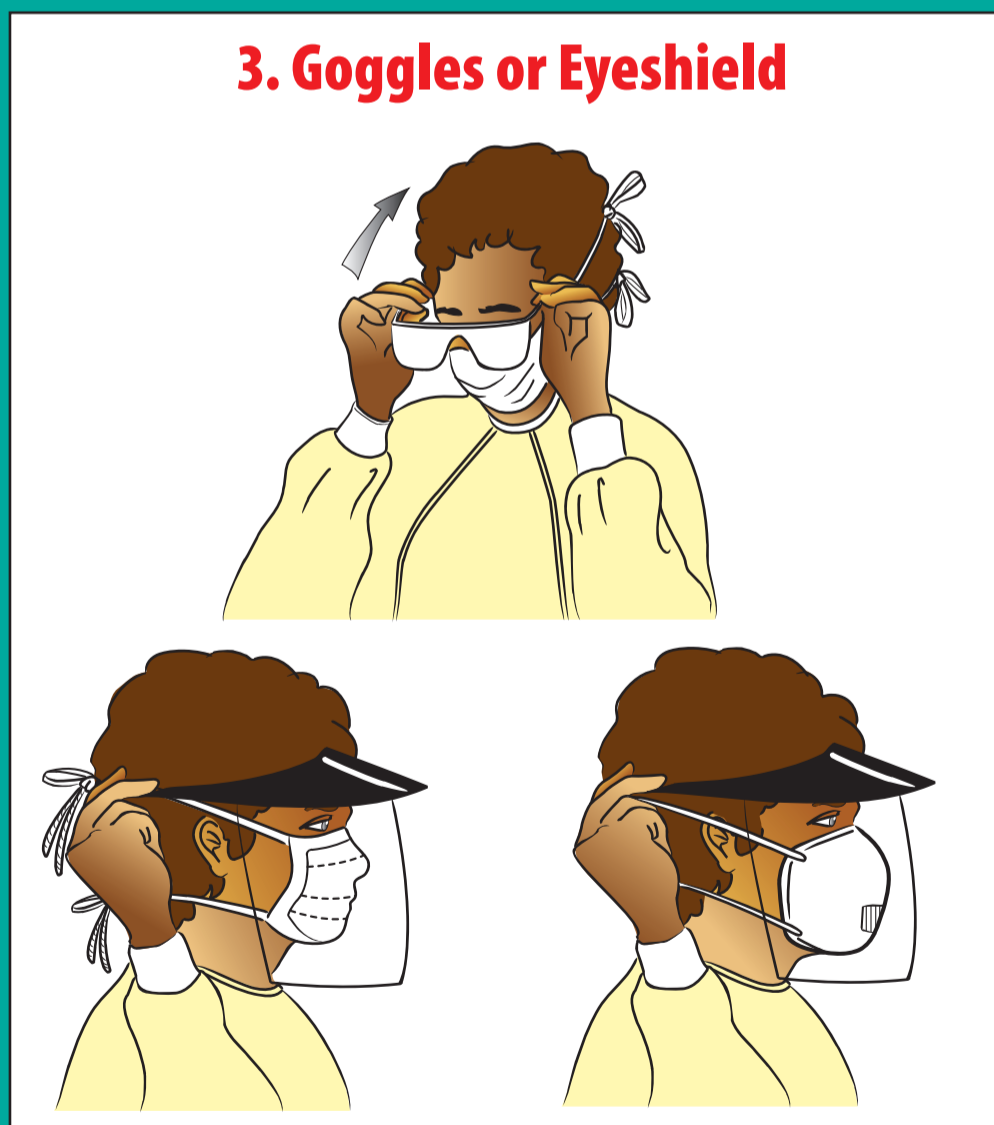
2. Mask

- a. If wearing a medical mask
 - i. Place mask over nose and mouth and below chin



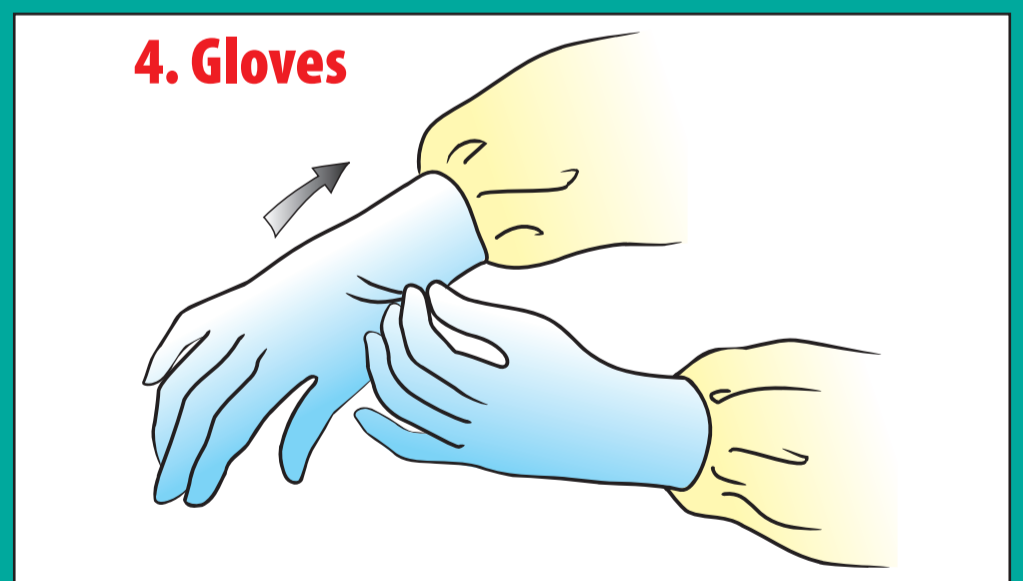
or Respirator

- b. If wearing a respirator mask for aerosol generating procedure
 - i. Place mask over nose and mouth
 - ii. Pull elastic bands over head – upper band above ear line, lower band below ear line
 - iii. Fit check by moulding nose strip over bridge of nose with finger tips of both hands to get a snug fit



3. Goggles or Eyeshield

- Put on goggles or eyeshield



4. Gloves

- Put gloves on
- Pull over wrist of isolation gown

Safety precautions

- PPE needs to be the appropriate size for the person
- Avoid adjusting PPE once you enter isolation area
- Avoid touching your face
- Minimise contact with environmental surfaces