

Training video for those unfamiliar with Personal Protective Equipment (PPE):

<https://www.youtube.com/watch?v=quwzg7Vixsw>

Training video for those previously trained who would like a refresher:

https://www.youtube.com/watch?v=8jBr_2_6p-Y

Donning (Putting on) PPE Checklist

1. The observer is ready to monitor the staff who is donning (putting on) personal protective equipment (PPE) and will assist as needed. The observer is wearing PPE if they also will be close enough to patient secretions to need PPE. The observer provides instructions and performs inspections as follows:
2. Ask staff if they have recently used the restroom and are hydrated. Remind staff to remove personal items like phones and jewelry. Make sure all needed PPE are present, in the correct sizes.
3. Instruct the staff to perform hand hygiene.
4. Instruct the staff to put on the gown first, tying at the back of the neck and at the waist. Inspect that they are fully covered from neck to knees and from shoulders to wrists.
5. Instruct the staff to put on the mask or respirator, securing the elastic bands (or ties) in the back of the neck and the back of the head and adjusting the nose bridge and chin. Ensure there is no hair on the neck underneath the elastic band. Instruct the staff to seal-check the fit of the respirator by holding the mask on, inhaling, and exhaling to feel for any air leaks. Inspect that the mask is properly in place.
6. Instruct the staff to put on goggles or a face shield. Inspect that the eye protection is properly in place.
7. Instruct the staff to put on gloves, tucking the sleeves of the gown underneath the glove cuffs. Inspect to ensure no skin is showing.
8. Verify that all PPE is in place and all skin areas are covered.
9. Ask the staff to reach and to bend over, and inspect to ensure PPE stays in place when they move.
10. Remind the staff to use safe work practices to protect themselves and limit contamination:
 - Keep hands away from face
 - Limit the surfaces you touch
 - Change gloves if they become torn or heavily contaminated



Doffing (Removing) Personal Protective Equipment Checklist

1. The observer is ready to monitor for proper PPE removal and will assist as needed. The observer is wearing PPE if they also will be close enough to patient secretions to need PPE. The observer provides instructions and performs inspections as follows:
2. Remind the staff to perform each step slowly and carefully and avoid touching their face. Remind the staff not to touch contaminated parts of PPE (outside of gloves, front and sleeves of gown, front of goggles or face shield, and front of mask or respirator). If the hands become contaminated at any time during the process, perform hand hygiene.
3. Inspect the PPE for signs of contamination, cuts or tears prior to starting. If present, areas underneath that section of PPE should be cleaned with wipes or hand sanitizer prior to PPE removal and again afterwards.
4. Instruct the staff to remove the first glove by grabbing with the other glove, peeling it off, and holding it with the gloved hand. Slide fingers underneath the wrist of the remaining glove, being careful to touch only the inside of the glove, and peel off the second glove (over the first) and discard into a waste receptacle. Inspect to ensure the staff does not contaminate their hands.
5. Instruct the staff to remove goggles or face shield by handling only by the rear straps or ear pieces. Discard into a waste receptacle if they are disposable. Place on a fluid resistant mat to be cleaned later if they will be reused. Inspect to ensure the staff does not contaminate their hands or face.
6. Instruct the staff to remove the gown by untying the ties, pulling away from body touching only the inside of the gown. Roll the gown inward onto itself until it is small enough to discard into a waste receptacle. Inspect to ensure the staff does not contaminate themselves.
7. If the goggles are reusable, instruct the staff to perform hand hygiene and put on a clean pair of gloves. Instruct them to use a disinfectant wipe to clean the goggles.
8. Instruct the staff to remove the mask or respirator by handling only the rear straps, first the lower strap, then the upper. Inspect to ensure the staff does not contaminate themselves.
9. Instruct the staff to perform hand hygiene immediately after removing all PPE.

ALTERNATE REMOVAL METHOD:

Follow steps 1 – 3.

4. Instruct the staff to pull the front of the gown away from their body with gloved hands. As you pull the gown off arms, remove gloves at the same time. Touching only the inside of the gown with bare hands, roll the gown and gloves into a ball and discard into a waste receptacle. Inspect to ensure the staff does not contaminate themselves.

Follow step 5 to remove eye protection, then follow steps 7 – 10.