

How to Put On PPE

(N95 Respirator Option)

Place this poster in the clean area where PPE will be put on.

Put on PPE in clean area

Use a trained observer to verify compliance with all steps.

1. Find a Trained Observer:

- ✓ Check all PPE is serviceable
- ✓ Check at each step that PPE has been put on correctly

2. Briefing:

- ✓ Ensure all needed supplies are ready to be taken in
- ✓ Review what will be achieved while in the high-risk area

3. Preparation:

- ✓ Wear scrubs (washable or disposable)
- ✓ Wear plastic or rubber boots (dedicated)
- ✓ Remove jewelry, watches, cell phones, pagers, pens, ID badges
- ✓ Go to comfort room
- ✓ Secure hair
- ✓ Secure eyeglasses

4. Inspect PPE Prior to Putting On:

- ✓ Everything available
- ✓ In good condition
- ✓ Sizes are correct

Trained observer and healthcare worker review the steps before beginning.

Trained observer reads the following steps 5- 16 to the healthcare worker in a step-by-step fashion

5. Put on Boot covers
6. Hand Hygiene with alcohol-based hand rub (ABHR) or soap and water
7. Put on 1st pair of Gloves (if using a short cuff glove put it on now, under suit)
8. Put on Coverall:
 - ✓ Coverall is large enough for free movement
 - ✓ Tuck cuffs of inner gloves under sleeves of the coverall
 - ✓ Zip up coverall
9. Make thumb holes at border of cuff and sleeves
10. Put on N95 Respirator
 - ✓ Cup the respirator in your hand with the nosepiece at your fingertips allowing the ties to hang freely below your hand
 - ✓ Position the respirator under your chin with the nosepiece up.
 - ✓ Pull the top strap over your head resting it high at the back of your head.
 - ✓ Pull the bottom strap over your head and position it around the neck below the ears.
 - ✓ Mold the nosepiece (using two fingers of each hand) to the shape of your nose. Pinching the nosepiece using one hand may result in less effective respirator performance.
11. Complete a user seal check.
 - ✓ Exhale sharply
 - ✓ Inhale deeply
12. Put on Hood:
 - ✓ Over the N95 respirator
 - ✓ Covers all of hair, ears and neck
13. Put on Outer Apron Tie with simple bow
14. Put on Outer Gloves: (with extended cuffs).
 - ✓ Ensure the cuffs are pulled over the sleeves of the coverall.

15. Put on Face Shield or goggles

- ✓ Use anti-fog spray to prevent fogging
- ✓ Over the N95 respirator
- ✓ Covers all of hair, ears and neck

16. Trained observer to verify

- ✓ All skin covered
- ✓ Comfortable: able to extend the arms, bend at the waist and do range of motions
- ✓ All areas of the body remain covered during range of movement

You are ready to enter the high-risk area

NEVER touch or adjust PPE

Alert safety officer that you are entering high-risk area