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
    ✓ 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