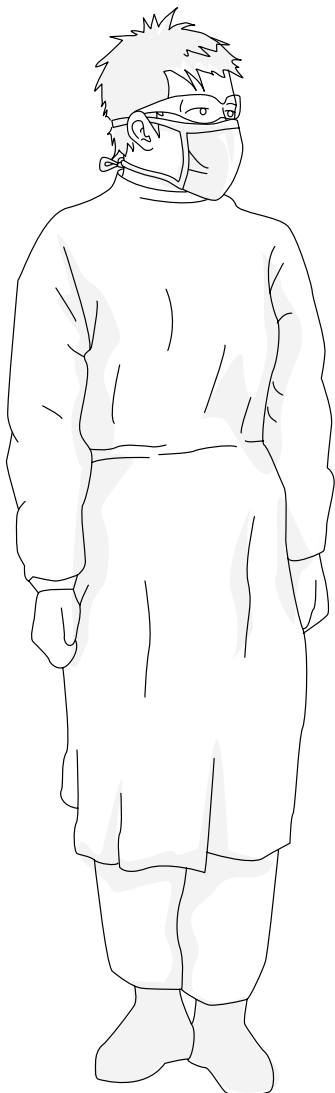


How to fit and remove personal protective equipment in the correct order



Fit in this order

- Wash hands or use alcohol-based rub
- Respirator
- Goggles
- Gown
- Gloves

Remove in this order

- Gloves
- Wash hands or use alcohol-based rub
- Goggles
- Gown
- Respirator
- Wash hands or use alcohol-based rub

During removal of personal protective equipment, hands should be washed immediately after removing any item which is visibly soiled.



Australian Government
Department of Health and Ageing

HANDWASHING

How to properly wash your hands

remove any rings or other jewelry; use warm water and wet your hands thoroughly.



lather soap and scrub hands well, palm to palm.



scrub fingertips of each hand and under your nails in opposite palm.



rinse thoroughly under running water.



dry your hands with a single use towel or air dryer.



use a sufficient amount of soap (1-3 ml) and lather very well.



scrub in between and around fingers and back of each hand.



scrub each wrist clasped in opposite hand



with a paper towel turn off the tap or faucets



protect your hands from touching dirty surfaces while in the washroom and as you leave.

Other tips

- ✓ Cover cuts with bandages and wear gloves for added protection (cuts are very vulnerable to infections).
- ✓ Artificial nails and chipped nail polish have been associated with an increase in the number of bacteria on the fingernails. Be sure to clean the nails properly.
- ✓ Keep your hands away from your eyes, nose or mouth.
- ✓ Assume that contact with any human body fluids is infectious.
- ✓ Liquid soap in disposable containers is best. If using reusable containers, they should be washed and dried before refilling. If using a bar of soap, be sure to set it on a rack that allows water to drain or use small bars that can be changed frequently.

HAND SANITIZING

Hand sanitizing does not replace a proper handwashing technique. It should be used sparingly and only when soap and water are unavailable. It will be ineffective if hands are visibly soiled

1.

Place a drop of alcohol-based hand sanitizer, the size of a dime in your palm.



2.

Rub hands together, palm to palm



3.

Rub back of each hand with palm and interlaced fingers of the other hand.



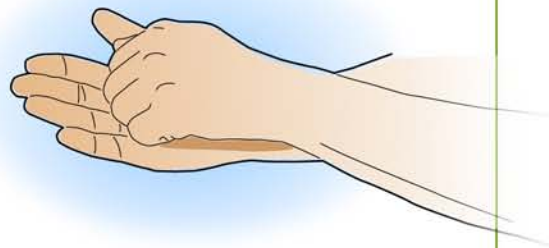
4.

Rub around each thumb clasped in the opposite hand.



5.

Rub fingertips of each hand backward and forward in the opposite hand.



CCOHS is a Canadian federal government agency based in Hamilton, Ontario. Our Council of Governors includes Employer, Labour and Government representatives from throughout Canada.

How to fit and remove a P2 respirator

Fitting a P2 respirator

P2 respirators are available in several different designs, and only one is shown here.



- Position respirator over mouth and nose



- Position tapes above and below ears at back of head



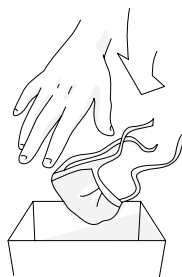
- Fit snugly at bridge of nose and under chin by using the adjusters

Check the respirator each time it is put on or adjusted.
Occasionally test the fit of respirator using a test kit.

Removing and disposing of respirator



- With clean hands, grasp tapes at back of head and remove by only handling the tapes, then discard in appropriate waste



- Wash hands

When fitted correctly, a P2 respirator offers protection from diseases spread by droplet and airborne transmission.

P2 respirators are available in several different designs, and only one is shown here.



Australian Government
Department of Health and Ageing

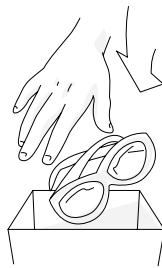
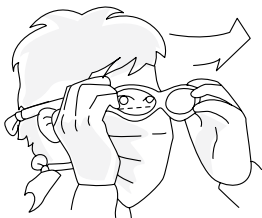
How to fit and remove protective eyewear

Fitting goggles or face shield



- Position mask or face shield over face and eyes
- Adjust fit if necessary

Removing and disposing of goggles



- With clean hands, remove eyewear by handling sides or back only
- Discard or reprocess and store appropriately
- Wash hands

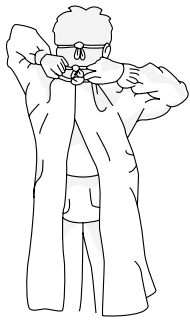
Some goggles and protective eyewear can be cleaned and disinfected for re-use. Refer to manufacturer's instructions.



Australian Government
Department of Health and Ageing

How to fit and remove a protective gown

Fitting gown



- Put on the gown so that your front and arms are fully covered and gown opening is at the back
- Fasten ties at the neck and at the back
- Tuck gown sleeves under glove cuffs

Removing and disposing of gown

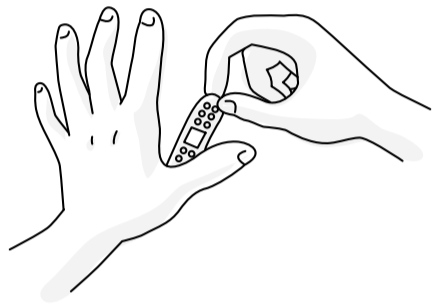


- With clean hands, untie or break ties at the back and neck
- Roll gown into bundle and discard in appropriate waste
- Wash hands
- Touching only the inside of the gown, pull from neck and shoulders, then arms, turning inside out as gown is removed

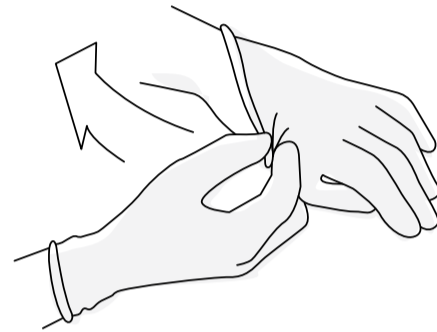


How to fit and remove protective gloves

Fitting gloves

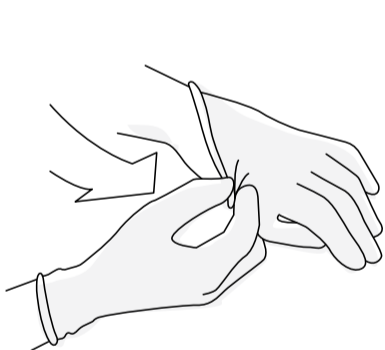


- Remove jewellery, cover abrasions, then wash and dry hands

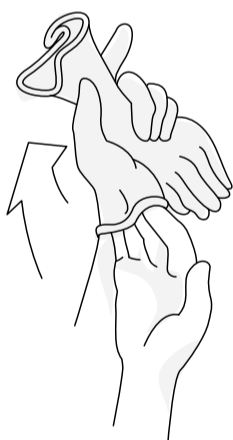


- Fit gloves, adjusting at the cuffs

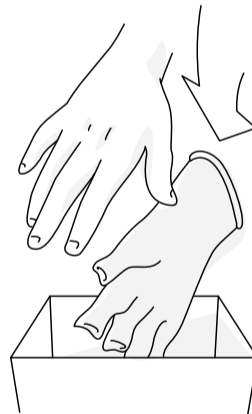
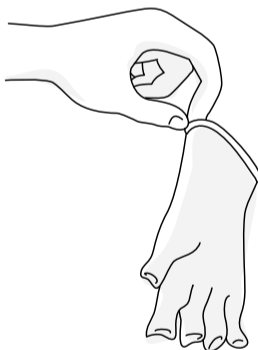
Removing and disposing of gloves



- Remove by gripping at cuffs



- Immediately dispose of gloves in appropriate waste



- Wash hands

Replace gloves after contact with a person or infected area, or if the gloves become contaminated or damaged.

Wearing of gloves in some situations may be a practical measure to reduce the spread of infection, especially in health care environments or as a part of a cleaning regime.



An Australian Government Initiative