



## Guidance for the Selection and Use of Personal Protective Equipment (PPE) in Healthcare Settings

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## Personal Protective Equipment Definition

“specialized clothing or equipment worn by an employee for protection against infectious materials” (OSHA)

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## PPE Use in Healthcare Settings: Program Goal

Improve personnel safety in the healthcare environment through appropriate use of PPE.

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 **Types of PPE Used in Healthcare Settings**

- Gloves – protect hands
- Gowns/aprons – protect skin and/or clothing
- Masks and respirators– protect mouth/nose
  - Respirators – protect respiratory tract from airborne infectious agents
- Goggles – protect eyes
- Face shields – protect face, mouth, nose, and eyes

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 **Factors Influencing PPE Selection**

- Type of exposure anticipated
  - Splash/spray versus touch
  - Category of isolation precautions
- Durability and appropriateness for the task
- Fit

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 **Do's and Don'ts of Glove Use**

- Work from “clean to dirty”
- Limit opportunities for “touch contamination” - protect yourself, others, and the environment
  - Don't touch your face or adjust PPE with contaminated gloves
  - Don't touch environmental surfaces except as necessary during patient care

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 **Do's and Don'ts of Glove Use (cont'd)**

- Change gloves
  - During use if torn and when heavily soiled (even during use on the same patient)
  - After use on each patient
- Discard in appropriate receptacle
  - Never wash or reuse disposable gloves

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 **Face Protection**

- Masks – protect nose and mouth
  - Should fully cover nose and mouth and prevent fluid penetration
- Goggles – protect eyes
  - Should fit snugly over and around eyes
  - Personal glasses not a substitute for goggles
  - Antifog feature improves clarity

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 **Face Protection**

- Face shields – protect face, nose, mouth, and eyes
  - Should cover forehead, extend below chin and wrap around side of face

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## PPE Use in Healthcare Settings: How to Safely Don, Use, and Remove PPE

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### Key Points About PPE

- Don before contact with the patient, generally before entering the room
- Use carefully – don't spread contamination
- Remove and discard carefully, either at the doorway or immediately outside patient room; remove respirator outside room
- Immediately perform hand hygiene

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### Sequence\* for Donning PPE

- Gown first
- Mask or respirator
- Goggles or face shield
- Gloves

**\*Combination of PPE will affect sequence – be practical**

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### How to Don a Gown

- Select appropriate type and size
- Opening is in the back
- Secure at neck and waist
- If gown is too small, use two gowns
  - Gown #1 ties in front
  - Gown #2 ties in back




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### How to Don a Mask

- Place over nose, mouth and chin
- Fit flexible nose piece over nose bridge
- Secure on head with ties or elastic
- Adjust to fit




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### How to Don Eye and Face Protection

- Position goggles over eyes and secure to the head using the ear pieces or headband
- Position face shield over face and secure on brow with headband
- Adjust to fit comfortably




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## How to Don Gloves

- Don gloves last
- Select correct type and size
- Insert hands into gloves
- Extend gloves over isolation gown cuffs



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## How to Safely Use PPE

- Keep gloved hands away from face
- Avoid touching or adjusting other PPE
- Remove gloves if they become torn; perform hand hygiene before donning new gloves
- Limit surfaces and items touched

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## PPE Use in Healthcare Settings: How to Safely Remove PPE

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 **“Contaminated” and “Clean” Areas of PPE**

- Contaminated – outside front
  - Areas of PPE that have or are likely to have been in contact with body sites, materials, or environmental surfaces where the infectious organism may reside
- Clean – inside, outside back, ties on head and back
  - Areas of PPE that are not likely to have been in contact with the infectious organism

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 **Sequence for Removing PPE**

- Gloves
- Face shield or goggles
- Gown
- Mask or respirator

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 **Where to Remove PPE**

- At doorway, before leaving patient room or in anteroom\*
- Remove respirator outside room, after door has been closed\*

\* Ensure that hand hygiene facilities are available at the point needed, e.g., sink or alcohol-based hand rub

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## How to Remove Gloves (1)



- Grasp outside edge near wrist
- Peel away from hand, turning glove inside-out
- Hold in opposite gloved hand

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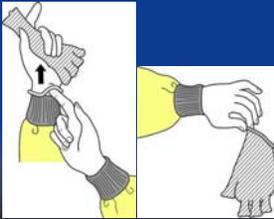
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## How to Remove Gloves (2)



- Slide ungloved finger under the wrist of the remaining glove
- Peel off from inside, creating a bag for both gloves
- Discard

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## Remove Goggles or Face Shield



- Grasp ear or head pieces with ungloved hands
- Lift away from face
- Place in designated receptacle for reprocessing or disposal

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## Removing Isolation Gown



- Unfasten ties
- Peel gown away from neck and shoulder
- Turn contaminated outside toward the inside
- Fold or roll into a bundle
- Discard

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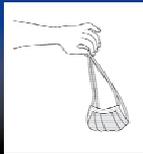
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## Removing a Mask



- Untie the bottom, then top, tie
- Remove from face
- Discard



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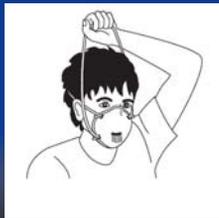
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## Removing a Particulate Respirator

- Lift the bottom elastic over your head first
- Then lift off the top elastic
- Discard



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## Hand Hygiene

- Perform hand hygiene immediately after removing PPE.
  - If hands become visibly contaminated during PPE removal, wash hands before continuing to remove PPE
- Wash hands with soap and water or use an alcohol-based hand rub

\* Ensure that hand hygiene facilities are available at the point needed, e.g., sink or alcohol-based hand rub

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## Standard Precautions

- Previously called Universal Precautions
- Assumes blood and body fluid of ANY patient could be infectious
- Recommends PPE and other infection control practices to prevent transmission in any healthcare setting
- Decisions about PPE use determined by type of clinical interaction with patient

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## PPE for Standard Precautions (1)

- **Gloves** – Use when touching blood, body fluids, secretions, excretions, contaminated items; for touching mucus membranes and nonintact skin
- **Gowns** – Use during procedures and patient care activities when contact of clothing/ exposed skin with blood/body fluids, secretions, or excretions is anticipated

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## PPE for Standard Precautions (2)

- **Mask and goggles or a face shield** – Use during patient care activities likely to generate splashes or sprays of blood, body fluids, secretions, or excretions

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## PPE for Expanded Precautions

- Expanded Precautions include
  - Contact Precautions
  - Droplet Precautions
  - Airborne Infection Isolation

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## Use of PPE for Expanded Precautions

- Contact Precautions – Gown and gloves for contact with patient or environment of care (e.g., medical equipment, environmental surfaces)
  - In some instances these are required for entering patient's environment
- Droplet Precautions – Surgical masks within 3 feet of patient
- Airborne Infection Isolation – Particulate respirator\*

\*Negative pressure isolation room also required

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## Hand Hygiene

- Required for Standard and Expanded Precautions
- Perform...
  - Immediately after removing PPE
  - Between patient contacts
- Wash hands thoroughly with soap and water or use alcohol-based hand rub

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## PPE Use in Healthcare Settings: Final Thoughts

- PPE is available to protect you from exposure to infectious agents in the healthcare workplace
- Know what type of PPE is necessary for the duties you perform and use it correctly

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