

TITLE PPE Use
SUBJECT Proper sequence of PPE use and removal

DATE WRITTEN 04.04.2020
DATE REVISED
APPROVED BY Dan Kraft

POLICY

The following guidance on the types of PPE to be used and the processes for donning (putting on) and doffing (removing) PPE is for all personnel entering the room of a patient exposed / confirmed with COVID-19. This guidance reflects lessons learned from the recent experiences of U.S. hospitals caring for patients with COVID-19 and emphasizes the importance of training, practice, competence, and observation of healthcare workers, especially in correct donning and doffing of PPE.

For all healthcare workers caring for patients with COVID-19, PPE that fully covers skin and clothing and prevents any exposure of the eyes, nose, and mouth is recommended to reduce the risk of accidental self-contamination of mucous membranes or broken skin. All PPE must be used in the context of a comprehensive infection control program that follows CDC recommendations.

To protect healthcare workers who are caring for patients with COVID-19, healthcare facilities must provide onsite management and oversight of adherence to safely using PPE, and implement administrative and environmental controls with continuous safety checks through direct observation of healthcare workers, including during the PPE donning and doffing steps.

PROCEDURE

Healthcare workers must follow the basic principles below to ensure that no infectious material reaches unprotected skin or mucous membranes while providing patient care.

•Donning (see exhibit A)

- PPE must be donned correctly in proper order before entry into the patient care area; PPE should not be later modified while in the patient care area. The donning activities must be directly observed by a trained observer.

•During Patient Care

- PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas. PPE should not be adjusted during patient care. In the event of a significant splash, the healthcare worker should immediately move to the doffing area to remove PPE. The one exception is that visibly contaminated outer gloves can be changed while in the patient room and patient care can continue. Contaminated outer gloves can be disposed of in the patient room with other COVID-19 associated waste.

- If during patient care any breach in PPE occurs (e.g., a tear develops in an outer glove, a glove separates from the sleeve), the healthcare worker must move immediately to the doffing area to assess the exposure. The facility exposure management plan should be implemented; including correct supervised doffing and appropriate occupational health follow-up, if indicated by assessment. In the event of a potential exposure, exposure procedures must be followed.

•**Doffing** (see exhibit B&C)

- Removing used PPE is a high-risk process that requires a structured procedure, a trained observer, a doffing assistant in some situations, and a designated area for removal to ensure protection.
- PPE must be removed slowly and deliberately in the correct sequence to reduce the possibility of self- contamination or other exposure to COVID-19.
- A stepwise process should be developed and used during training and patient care.

Double-gloving provides an easy way to remove gross contamination by changing an outer glove during patient care and when removing PPE. Beyond this, more layers of PPE may make it more difficult to perform patient care duties and put healthcare workers at greater risk for self-contamination during care or doffing, or other exposures to COVID-19. If healthcare facilities decide to add additional PPE or modify this PPE guidance, they must consider the risk/benefit of any modification and train healthcare workers on how to correctly don and doff for the modified procedure. Donning and doffing steps may need to be adapted on the basis of the specific PPE that is purchased by the facility. If adaptations are made, facilities must select PPE that offers a similar or higher level of protection than what is recommended here, train healthcare workers in its use, and ensure they demonstrate competence in its use before caring for a patient with COVID-19.

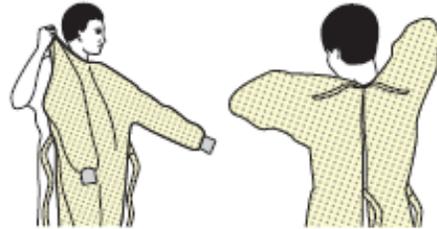
EXHIBIT A

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



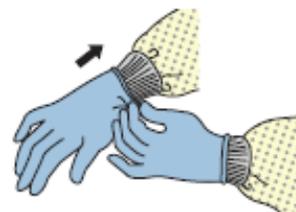
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



08250672-2

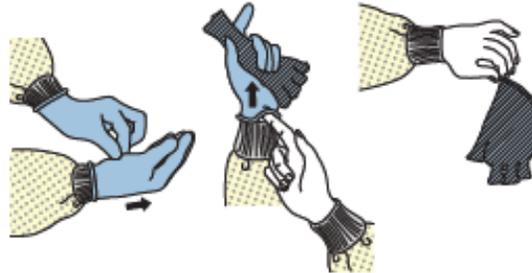
EXHIBIT B

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:**

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container



4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE



CG250672-E

EXHIBIT C

HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container



2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

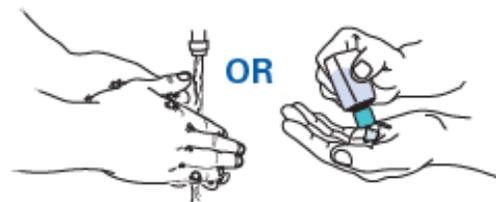


3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — **DO NOT TOUCH!**
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS
BECOME CONTAMINATED AND IMMEDIATELY AFTER
REMOVING ALL PPE**



05250973-E