

CPR LEARNING CENTER

PPE Training



Personal Protective Equipment Definition

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

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

Gloves

- ▶ Purpose - patient care, environmental services, other
- ▶ Glove material - vinyl, latex, nitrile, other
- ▶ Sterile or nonsterile
- ▶ One or two pair
- ▶ Single use or reusable

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

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

Gowns or Aprons

- ▶ Purpose of use
- ▶ Material -
 - ▶ Natural or man-made
 - ▶ Reusable or disposable
 - ▶ Resistance to fluid penetration
- ▶ Clean or sterile

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

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

Sequence* for Donning PPE

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

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



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



How to Don a Particulate Respirator

- ▶ Select a fit tested respirator
- ▶ Place over nose, mouth and chin
- ▶ Fit flexible nose piece over nose bridge
- ▶ Secure on head with elastic
- ▶ Adjust to fit
- ▶ Perform a fit check -
 - ▶ Inhale - respirator should collapse
 - ▶ Exhale - check for leakage around face



PPE Use in Healthcare Settings

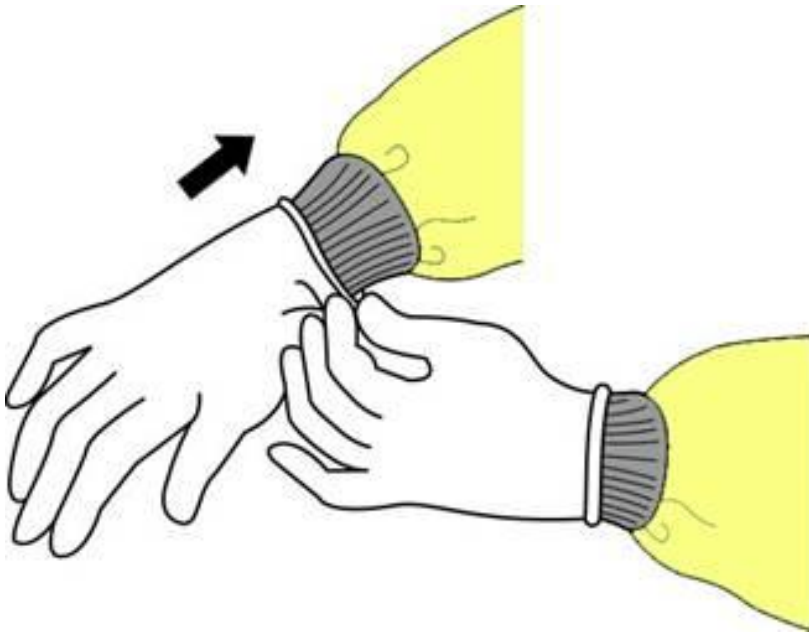


How to Don Eye and Face Protection

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



How to Don Gloves



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

PPE Use in Healthcare Settings

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

PPE Use in Healthcare Settings: How to Safely Remove PPE

“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

Sequence for Removing PPE

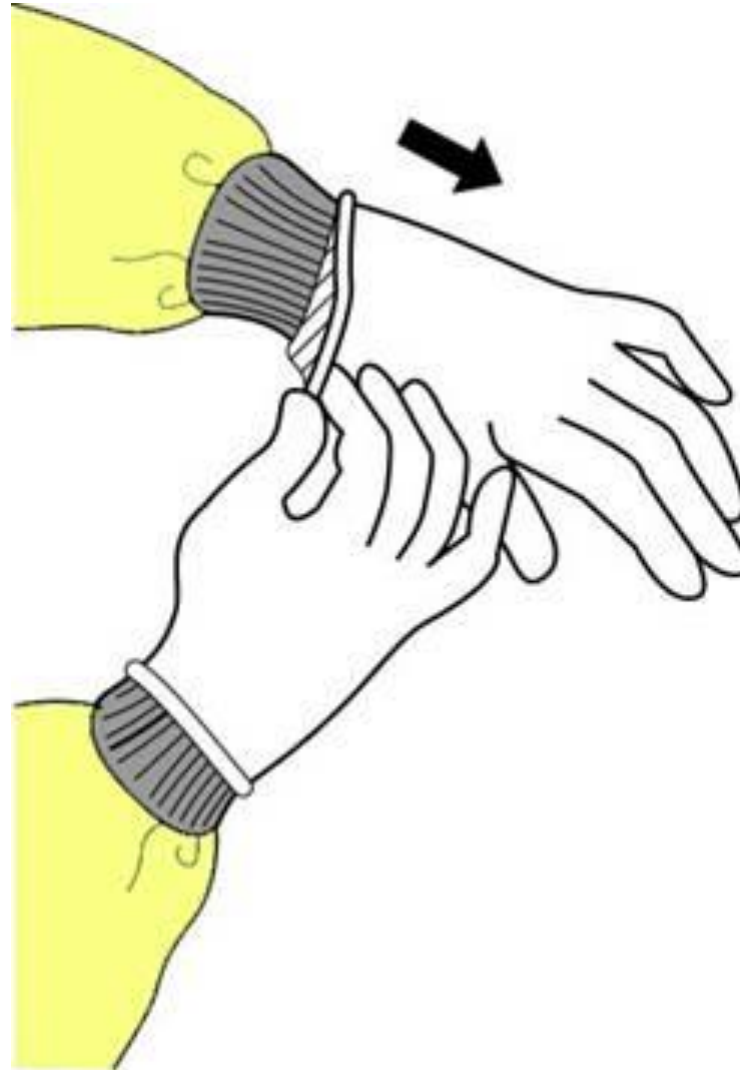
- ▶ Gloves
- ▶ Face shield or goggles
- ▶ Gown
- ▶ Mask or respirator

Where to Remove PPE

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

How to Remove Gloves (1)

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



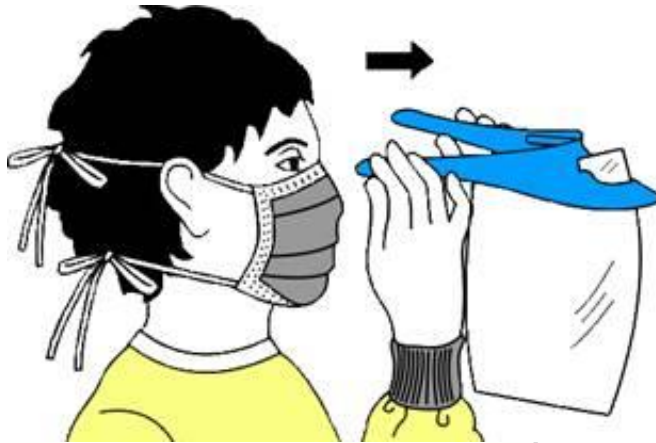
How to Remove Gloves (2)



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

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



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



Removing a Mask

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



Removing a Particulate Respirator

- ▶ Lift the bottom elastic over your headfirst
- ▶ Then lift off the top elastic
- ▶ Discard



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