

DONNING AND DOFFING PPE

Donning PPE

1. **Perform appropriate hand hygiene.**
2. **Determine appropriate PPE to be worn depending on duties being performed**
3. **Put on gown, if applicable.**
 - Fully cover your torso from your neck to knees and your arms to the end of your wrists, then tie at the back.
 - The gown should be large enough to allow unrestricted movement without gaping.
 - Fasten at the back of the neck and waist.
4. **Put on surgical mask or KN95, if applicable**
 - Secure the ties or elastic bands at the middle of the head and neck.
 - Fit flexible band to the nose bridge.
 - Fit mask snug to face and below the chin.
 - Fit-check respirator according to manufacturer instructions.
5. **Put on protective eyewear or face shield, if applicable.**
 - Place over eyes/face and adjust to fit.
6. **Put on gloves.**
 - Extend the gloves to cover the wrist of the gown.



Donning must be performed in the correct order to prevent infection transmission.

Doffing PPE

SAFE PRACTICES TO REMEMBER

- Limit the number of surfaces touched when wearing PPE
- Do not touch your face while wearing PPE
- If you are interacting in close proximity to more than one individual for direct care, your PPE must be changed and hand hygiene must be practiced in between.
- If at any point your gloves become contaminated, you must dispose of them, perform hand hygiene and then replace them with new gloves.
- Hair should be pulled back in settings wear PPE is necessary.
- Jewelry should be minimized.

Following a correct doffing procedure is especially crucial in the control and prevention of infection. It is the most important step of preventing infection transmission. The doffing of PPE should protect your clothing, skin and mucous membranes from contamination

Remember that all PPE is contaminated after use. Perform hand hygiene immediately after each step of doffing.

If you are in the isolation space, your gloves and gown should be removed *before* exiting the room

1. Remove gloves.

- Using one hand, grasp the palm of the other hand and peel off the first glove.
- Hold the removed glove in the gloved hand.
- Slide fingers of the ungloved hand under the remaining glove at the wrist and peel it off over the first glove.
- Discard gloves in a waste container.

2. Perform hand hygiene appropriately

3. Remove gown.

- Unfasten the ties, ensuring the sleeves don't make contact with your body.
- Pull the gown away from the neck and shoulders, touching the inside only.
- Turn the gown inside out.
- Fold or roll the gown into a bundle and discard in the waste container.

4. Perform hand hygiene.

5. If applicable, exit isolation space.

6. Remove goggles/face shield, if applicable.

- Remove from the back of the head by lifting headband or ear pieces.
- If reusable, place in the designated reprocessing receptacle. If not, discard in waste container.

7. Perform hand hygiene.

8. Remove mask/respirator.

- Grasp the bottom ties/elastics, then the top ones, and remove without touching the front of the mask.
- Discard in the waste container.

9. Immediately perform hand hygiene.

(Adapted from diagrams by Queensland DoH and CDC)

[Video Resources](#)

[Donning PPE \(CDC\)](#)

[Doffing PPE \(CDC\)](#)

[Handwashing \(CDC\)](#)