

# How To Put On (Donning) Personal Protective Equipment (PPE) For Suspected / Confirmed High Consequence Infectious Diseases (HCID)

## Before you put on PPE key points to remember

- Confirm that the health and care worker (H&CW) is competent and has completed training
- Identify a designated zone for donning
- Identify any hazards, risk assess and manage the area
- Perform hand hygiene and cover any cuts, abrasions or breaks in skin with a waterproof dressing
- Wear scrubs, if necessary
- Have all the necessary PPE available where PPE is put on
- Be bare below the elbows
- Tie hair back off face
- Remove all jewellery including earrings, jewellery / ID badges / lanyards
- Do not bring your mobile phone or bleep with you into isolation area
- Take a toilet break
- Be well hydrated
- Do you have a trained observer / buddy?

## 1 Hand Hygiene

- H&CW to perform hand hygiene with soap and water or alcohol-based hand rub
- Ensure hands are dry



## 2 Boots (optional)

- H&CW to sit down and put on fluid repellent below-knee boots
- Use half to one size bigger than your normal shoe size, for ease of removal

**Trained observer check:**  
Ensure boots are secure. Ensure scrubs are tucked inside boots



## 3 FFP3 respirator

- H&CW to put on a FFP3 respirator (You MUST be fit tested for this type of FFP3 respirator)

**Trained observer check:**  
H&CW to perform fit check, use the "Safe use of FFP3 respirator mask" poster to instruct application and fit check-adjust if any air escapes and recheck



## 4 Surgical hood with flap/collar

- H&CW to put on surgical hood with flap/collar

**Trained observer check:**  
Ensure surgical hood covers head, neck, and shoulders. Check there is a good fit around the face and jaw with no gaps. Check there is good overlap with the FFP3 respirator mask



## 5 Inner Gloves

- Perform hand hygiene
- H&CW to put on inner pair of nitrile gloves



## 6 Gown

- H&CW to put on impervious, long-sleeve gown and secure using the Velcro at the neck and tie at the side, ensure long enough to cover the back
- Do not use inside tie

**Trained observer check:**  
Check gown for any tears or holes and that it is tied at the side  
Ensure inner gloves are tucked underneath the cuffs of the gown  
Check that the bottom of the hood is tucked inside the gown



## 7 Check gown length and overlap

**Trained observer check:**  
Check for sufficient overlap between the top of the boot and bottom of the gown (approx. 10-15 cm)

If less than 10cm overlap, replace with a longer gown



## 8 Middle layer gloves

- Put on middle layer (Long length) nitrile gloves

**Trained observer check:**  
Check these should fully overlap the cuffs of the gown

Tape the gloves to the gown using 4 strips of microporous tape placed lengthways



## 9 Apron

- Wear a long length medium thickness apron
- Break the neck loop (at back of the neck)

**Trained observer check:**  
Support putting on the apron and tie behind the neck bringing the apron up high around the neck to achieve a "high fit"  
Tie the waist ties high up over the chest area  
Check protection of neck area to avoid exposure



## 10 Visor/ face shield

- Put on visor / face shield
- Ensure the band of the visor / face shield overlaps with the hood

**Trained observer check:**  
Check that visor / face shield overlaps with the sides of the hood

Check there is no skin exposed (at jawline)



## 11 Outer gloves

- H&CW to put on outer short length nitrile gloves

**Trained observer check:**  
Advise that if a sterile procedure is required, replace outer gloves with sterile gloves (in the patient's room at the time of the task)

For cleaning procedures, heavy duty gloves may be used instead of nitrile gloves, as appropriate



## 12 Trained observer check

**Trained observer check:**  
Inspect to ensure a proper fit, seal and safety, if gaps noticed, address before entry  
Check PPE is secure and comfortable – ask the H&CW to extend arms, bend at waist, turn and walk up and down & check PPE skin cover is optimal – use the mirror to self-check and trained observer to confirm

**REMINDE THE H&CW PRIOR TO ENTERING THE PATIENT ROOM TO:**

- not adjust or remove PPE in the room
- not touch their face whilst wearing PPE
- use alcohol based hand rub on gloved hands during patient care
- Use the room telephone if they need assistance

