

HOW TO PUT ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

Before you put on PPE key points to remember

- Identify any hazards, risk assess & manage the area
- Do not bring your mobile phone or bleep with you into isolation area
- Gather the necessary PPE
- Secure hair back off face
- Be bare below the elbows
- Remove all jewellery
- Perform hand hygiene

For prolonged wearing of PPE or high consequence infectious disease also remember:

- Be well hydrated
- Have taken a toilet break
- Have a trained observer (PPE buddy)
- Consider waste management



!

Conduct a point of care risk assessment (PCRA) to help support your choice of appropriate PPE




1

Perform hand hygiene



2

Put on a gown or apron if required, as per PCRA.
Apron: Tie at waist
Gown: fasten at back of neck & at waist to the side or back




3

Put on a mask (Surgical mask/type IIR or FFP2/3), if required, as per PCRA.
Note there are different types of masks/respirators. Refer to the manufacturer's instructions.




!

Click here for advice on FFP2 respirator fit check



4

Put on eye protection (face shield/goggles) if required, as per PCRA.



5

Put on gloves if required, as per PCRA. If wearing a gown, put on gloves over the cuff.



6

Visually check yourself (in a mirror or with a trained observer/PPE buddy, if required).

