



Putting on (donning) personal protective equipment (PPE)

Use safe work practices to protect yourself and limit the spread of infection

- keep hands away from face and PPE being worn
- change gloves when torn or heavily contaminated
- limit surfaces touched in the patient environment
- regularly perform hand hygiene
- always clean hands after removing gloves

Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery
- check PPE in the correct size is available

Information for Care & Nursing Home Workers

Perform hand hygiene before putting on PPE

1



Apron

Pull over head and fasten at back of waist.

2



Surgical mask

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

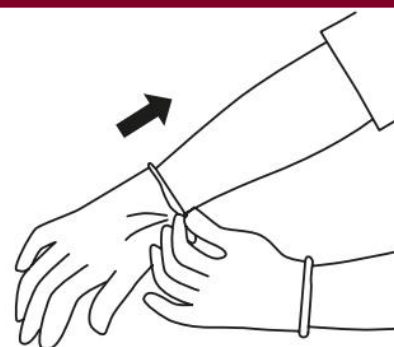
3



Eye Protection (Goggles/Face Shield)

If risk of splash injury

4



Gloves

Select according to hand size. Extend to cover wrist.