Personal Protective Equipment (PPE) Routine Practices

THE "WHAT, WHO, WHERE, WHEN, HOW & WHY"
## WHAT Is Personal Protective Equipment?

Personal Protective Equipment (PPE) is a barrier between you and germs. This includes: gloves, long-sleeved gowns and facial protection.

<table>
<thead>
<tr>
<th>Gloves</th>
<th>Gowns</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Procedure</td>
<td>✓ Reusable</td>
</tr>
<tr>
<td>✓ Surgical</td>
<td>✓ Disposable</td>
</tr>
<tr>
<td>✓ Utility</td>
<td>✓ Fluid Repellent</td>
</tr>
<tr>
<td></td>
<td>✓ Sterile</td>
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</table>

<table>
<thead>
<tr>
<th>Masks &amp; Respirators</th>
<th>Eye Protection</th>
</tr>
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<tbody>
<tr>
<td>✓ Procedure mask</td>
<td>✓ Safety glasses</td>
</tr>
<tr>
<td>✓ Surgical mask</td>
<td>✓ Goggles</td>
</tr>
<tr>
<td>✓ Mask with visor</td>
<td>✓ Face shield</td>
</tr>
<tr>
<td>✓ N95 respirator</td>
<td>✓ Prescription and fashion glasses are <strong>not</strong> considered eye protection</td>
</tr>
</tbody>
</table>

**Procedure:**
- Reusable Safety glasses
- Surgical mask
- Goggles
- Face shield
- Mask with visor
- Procedure mask

**Surgical:**
- Surgical mask
- Goggles
- Face shield
- Mask with visor
- Procedure mask

**Utility:**
- Mask with visor
- Procedure mask

**Prescription and fashion glasses** are **not** considered eye protection.
WHO Should Use Personal Protective Equipment?

PPE **must** be available for use by everyone in all health care settings:

- **Internal staff** (e.g. nurses, physicians, housekeepers, allied health professionals, etc.)
- **External staff** (e.g. contractors, agency workers, transport personnel, public safety workers, etc.)
- Volunteers
- Patients/residents/clients
- Designated caregivers and visitors
WHERE Should You Use Personal Protective Equipment?

PPE is used in all health care settings, including acute care, long-term care and community. Access to PPE is required where contact occurs with the patient/resident/client (PRC) and/or the PRC’s environment.

A PRC’s environment may include:

- A physiotherapy room in a long-term care facility
- The space around an occupied stretcher in an emergency department
- Inside their home
WHEN Should You Use Personal Protective Equipment?

A Point of Care Risk Assessment (PCRA) determines if contact between you and the PRC or the PRC's environment will spread germs. PPE should be used when a PCRA deems it necessary.


When to Use Gloves:

- Use gloves when your hands make contact with blood, body fluids, mucous membranes or non-intact skin.
- Use gloves when touching items or surfaces that could be soiled with blood or body fluids.
- Use gloves when your hands are dry, cracked or have open areas and you will have contact with the patient.
When to Use **Gowns:**

- Use a long-sleeved gown during activities that may cause soiling or generate splashes or sprays of blood.

When to Use **Facial Protection:**

- Use a mask and eye protection for patient care or procedures that may cause coughing, or splashes or sprays of blood or body fluids.
- Use a mask and eye protection as indicated when you are within 2 meters of a coughing or sneezing PRC.
- Use a mask without eye protection when doing aseptic or sterile procedures.
- Use an N95 respirator as indicated for infectious airborne diseases and specific aerosol generating medical procedures.

For more information, refer to the Infection Prevention and Control Acute Care Manual.
WHY Should You Use Personal Protective Equipment?

PPE can reduce the spread of germs to and from your family, friends, co-workers and PRCs.

GLOVES protect your hands from contact with germs.

LONG-SLEEVED GOWNS protect your skin and clothing from contact with germs.

MASKS protect your nose and mouth from germs, and protect PRCs from your germs.

EYE PROTECTION protects your eyes from germs.
HOW To Put On Personal Protective Equipment

1. Perform HAND HYGIENE before entering a PRC's environment

2. Put on a LONG-SLEEVED GOWN
   - Opening to the back
   - Tie at the neck and waist
   - Cover skin and clothing

3. Put on a MASK or N95 RESPIRATOR
   - Secure loops or ties
   - Shape metal piece to the bridge of your nose
   - For N95 Respirators, perform a seal check

4. Put on EYE PROTECTION

5. Put on GLOVES
   - Pull gloves over gown cuffs
HOW To Take Off Personal Protective Equipment

BEFORE leaving a PRC environment:

1. Remove GLOVES
   - Grasp at the palm and remove, pulling the glove inside-out
   - Scoop under the second glove and remove
   - Place gloves in garbage
   - Perform HAND HYGIENE

2. Remove GOWN
   - Untie neck, then waist
   - Scoop fingers under cuff; pull over hand
   - Use gown covered hand to pull gown over other hand
   - Pull gown off without touching the outside
   - Roll gown inside out
   - Place in laundry hamper
   - Perform HAND HYGIENE
HOW To Take Off Personal Protective Equipment

AFTER leaving a PRC environment:

1. Remove EYE PROTECTION
   - Take off using handles and dispose, or clean/disinfect if reusable
   - Perform HAND HYGIENE

2. Remove MASK or N95 RESPIRATOR
   - Remove using loops or ties
   - Do not touch mask or respirator
   - Place in garbage

3. Perform HAND HYGIENE
Personal Protective Equipment TIPS

- DO NOT dangle a mask around the neck when not in use
- DO NOT reuse mask
- CHANGE the mask if it becomes wet or soiled
- DO NOT double glove
- DO NOT use the same pair of gloves for the care of more than one PRC
- DO NOT clean gloves for reuse
- REMOVE gloves and perform HAND HYGIENE
- If gloves are still indicated, REPLACE with a clean pair
Personal Protective Equipment QUIZ

1. Who should wear a gown?
   A. Someone who feels cold
   B. A healthcare worker giving a patient a bath
   C. A patient going to the cafeteria
   D. A healthcare worker who is doing an activity that may cause sprays of body fluids

2. Who should wear gloves?
   A. When you want to avoid performing hand hygiene
   B. When your hands may contact blood or body fluids
   C. When you walk down the hall to get a clean bed pan
   D. When washing a patient’s intact skin

3. Where is the patient’s environment?
   A. A patient’s home
   B. A personal care home
   C. The bed space around an occupied stretcher in the emergency department
   D. All of the above

4. What is included in Personal Protective Equipment for Routine Practices?
   A. Eye protection, long-sleeved gowns, gloves, masks
   B. Eye protection, short-sleeved gowns, gloves, masks
   C. Prescription glasses, long-sleeved gowns, gloves, masks
   D. All of the above

5. A mask may be left dangling around your neck.
   A. True
   B. False

Resources

- Hand Hygiene Resources
- Infection Prevention and Control Manuals