

Routine Practices

Personal Protective Equipment Education for Health Care Staff

How to use Personal Protective Equipment

Personal Protective Equipment (PPE) provides a physical barrier between the user and an infectious agent or infected source (this includes persons that are colonized or that have an infection).

PPE protects the user from being exposed to blood and body fluids and other microorganisms (e.g., sprays of blood, body fluids, respiratory tract or other secretions or excretions).

Personal Protective Equipment (PPE) includes:

- Gloves
- Long sleeved gowns
- Facial protection
- Mask
- Eye protection

Appropriate and proper use of PPE includes:

- Performing a Point of Care Risk Assessment (PCRA)
- Correct technique
- Correct disposal

Point of Care Risk Assessment (PCRA)

A PCRA should be performed before each patient/resident/client (PRC) interaction to determine the correct PPE needed for safe patient care.

Performing a PCRA to determine whether PPE is necessary is important to avoid over reliance on PPE, misuse or waste.

Over-reliance on PPE may result in a false sense of security.

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For your protection and others

PPE protects the user from being exposed to blood and body fluids and other microorganisms

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Remember to practice:



Correct Technique

Hand Hygiene should always be performed immediately before putting on or after taking off PPE, preferably with alcohol-based hand rub (ABHR).

Incorrectly putting on or taking off of PPE can result in accidental exposure of the user

or patient to infectious agents or contamination of the PRC environment.

When wearing PPE the user should be careful not to contaminate themselves or others.

Correct Disposal

PPE must be discarded into designated receptacles immediately after use, followed by hand hygiene, preferably with ABHR.

PPE Equipment: Gloves

The use of gloves is an additional measure for protection. Gloves are not a substitute for hand hygiene. Hand hygiene must always be performed after gloves are removed.

Wear gloves as determined by the PCRA:

- When you think you might come in contact with blood, body fluids, secretions and excretions, mucous membranes, draining wounds or non-intact skin (including skin lesions or rash).
- When giving direct care if the user has an open cut or abrasions on their hands.
- Appropriate glove use:
- Put gloves on immediately before contact with the PRC or just before the tasks or procedure requiring gloves.

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Hand Hygiene

Hand Hygiene should always be performed immediately before putting on or after taking off PPE



- Remove gloves and perform hand hygiene immediately after PRC care activities. If gloves are still indicated, replace with a clean pair.
- Perform hand hygiene every time you take off your gloves.

Wear gowns as determined by the PCRA:

- To protect uncovered skin and clothing during procedures and PRC care activities likely to produce soiling or generate splashes or sprays of blood, body fluids, secretions or excretions.
- Routine use of gowns for PRC care is not recommended.

Appropriate gown use:

- Ensure gown cuffs are covered by gloves
- Gowns should be tied at both the neck and waist
- Remove gown after completing the task, when leaving the PRC environment or when the gown is soiled or wet.
- Perform hand hygiene after taking off your gown
- Do not reuse gowns once removed, even for repeated contacts with same PRC.
- Do not wear the same gown between different PRC.
- Gowns are to be used as PPE only; they are not to be used for any other purpose.



Gowns

Ensure gown cuffs are covered by gloves
Gowns should be tied at both the neck and waist.

Facial Protection

Wear facial protection as determined by the PCRA:

- Factors to be considered are the specific infectious agent, known or suspected infection status of the PRC involved, the PRC care activity to be performed, the immune status of the user, and the PRC’s ability to perform respiratory hygiene.
- Eye & face Protection includes masks (procedure or surgical), safety glasses, goggles, face shields or masks with visors attached and should be worn to protect mucous membranes of the eyes, nose and mouth during activities that are likely to generate splashes, sprays or aerosolization of body fluids, secretions or excretions.



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Appropriate Use of Facial Protection

- Ensure nose, mouth and chin are covered when wearing a mask.
- Prescription or fashion glasses are not eye protection as they do not provide adequate protection.
- Eye and face protection should fit over prescription/ fashion glasses.
- Discard mask if it is crushed, wet or has become contaminated.
- Do not dangle a mask around the neck
- Avoid self-contamination when removing masks, eye protection or face shields.
- Reusable face protection should be easy to clean and should be cleaned immediately after use.

Using N95 Respirators

- Use an N95 respirator as indicated for infectious airborne diseases and specific aerosol generating medical procedure.
- N95 respirators are not used for Routine Practices.
- When using an N95 be sure to follow appropriate use guidelines as you would for other facial protection.



Do not use N95
Respirator for routine
practice