

The content for this face-to-face training parallels the content in the online version with additional practice activities. They have been developed to engage participants and to bring fun to the learning. Below is a list of activities that trainers/facilitators can adapt or adopt to suit their training needs and training timeframe.

List of games/activities

Activity	Title	Objective(s)
1	<i>Roll Up Your Sleeves</i>	To practice proper hand washing technique and assess whether hand washing is done in the correct sequence/steps and whether it is of adequate duration
2	<i>Hot Spots</i>	To practice proper hand washing technique, duration of hand washing and assess whether any spots are missed
3	<i>Sticky Issue</i>	To practice hand rubbing and to see what areas of the hands are missed when performing hand hygiene with alcohol based hand rub
4	<i>Perfect Fit</i>	To practice putting on and taking off full PPE and how to fit and wear Personal Protective Equipment (PPE) appropriately
5	<i>The Right Order!</i>	To make decisions about the correct order to put on PPE and remove PPE
6	<i>Caught Red Handed</i>	To practice proper glove removal and demonstrate potential contamination of hands, self and the environment during glove removal
7	<i>PPE Task Master</i>	To assess if Personal Protective Equipment (PPE) is required and if so, what type of PPE is needed
8	<i>PPE PAL</i>	
9	<i>The Right PPE for You & Me</i>	
10	<i>PPE On!</i>	To reinforce the appropriate use of Personal Protective Equipment (PPE)
11	<i>On The Right Track</i>	
12	<i>Right or Wrong</i>	

Activity 1: *Roll Up Your Sleeves*

Objectives

To practice proper hand washing technique and assess whether hand washing is done in the correct sequence/ steps and whether it is of adequate duration.

Materials/props

Sink, soap and water, paper towel, stop watch/timer, Roll Up Your Sleeves – Observation Form, pencil or pen

If a sink or wall mounted paper towel dispenser is not available, ask the participants to mimic hand washing actions.

Preparation

Prepare the props and print out enough copies of the observation form (*Roll Up Your Sleeves* – Observation Form).

Details

- Arrange participants to work in a team of 3 (2 of the participants will be the observers and 1 will be the demonstrator).
- Give the observers an observation form.
- Tell the observers to record the steps in the sequence performed by the demonstrator.
- Ask the observers to record the time the demonstrator spends on the “scrubbing” step and write comments on the performance.
- Discuss at the end of the demonstration:
 - If the steps are in the correct order
 - If the performance is consistent with best practice
 - If the time taken for the “scrubbing” step is appropriate

Demonstrator: _____

Observers: _____

Roll Up Your Sleeves - Observation Form
Hand Washing Demonstration

Steps (fill in the order of the step taken)	Performance	Put a “✓” if the action is completed appropriately. Put an “x” if the action is not completed appropriately. Add comments if applicable.
	Turn on tap	
	Wet hands	
	Apply soap	
	Scrub hands for at least 15 seconds	Time: _____
	Rinse hands	
	Dry hands	
	Turn off tap with paper towel	

Activity 2: Hot Spots

(Adapted from “Dueling Hand Washers”- Regional Infection Control Week Idea Primer 2010)

Objectives

To practice proper hand washing technique, duration of hand washing and assess whether any spots are missed.

Materials/props

Sink, soap and water, paper towel, stop watch/timer, ultraviolet (UV) (luminescent) light product indicator (e.g. powder, lotion, liquid or oil)

Contact your local Regional Infection Control Network for more information about UV kits.

Preparation

Gather all the materials/props as indicated above.

Details

- Ask participants to apply the UV light product indicator to their hands as if they are applying hand cream to all surfaces of their hands.
- Have all the participants wash their hands at a sink with soap and water the way they usually wash their hands.
- Ask the participants to examine their hands with the UV light.

Notes to trainers/facilitators:

- When hands are not washed properly and thoroughly for at least 15 seconds with friction, the UV light product indicator will still be seen on the hands under an UV light.
- The usual spots missed when hands are not correctly washed are nail beds, under finger nails, thumbs, between fingers and backs of the hands and wrists.
- The UV light product indicator also collects in areas where the skin is dry, thus, showing the need for hand care.
- If jewellery is worn, the UV light product indicator will collect in, on and under the jewellery, demonstrating how infectious agents can get trapped in hand jewellery. This reinforces the importance of removing jewellery before hand hygiene and when providing direct care.

Activity 3: *Sticky Issue*

(Adapted from “Dueling Hand Washers”- Regional Infection Control Week Idea Primer 2010)

Objectives

To practice hand rubbing and to see what areas of the hands are missed when performing hand hygiene with alcohol based hand rub.

Materials/props

Non-toxic fingerprint (e.g., blue) or ultraviolet (UV) (luminescent) light product indicator (e.g., powder, lotion, liquid or oil)

Preparation

Prepare the props.

Details

- Apply 1 teaspoon of fingerprint or UV light product indicator into the hand of each participant.
- Ask participants to close their eyes and rub their hands together as if they are cleaning their hands with alcohol based hand rub.
- Ask participants to open their eyes to inspect their hands (if fingerprint is used) or examine their hands under UV light (if UV light product indicator is used) to see which areas of their hands do not have fingerprint or do not glow under the UV light. This will indicate the areas of the hands that would be missed if they were using alcohol based hand rub.

Notes to trainers/facilitators:

- Since the hands of the participants have been soiled with paint or UV light product indicator, then activity one or two could follow this activity.
- Typical areas missed are nail beds, under finger nails, thumbs, between fingers and backs of hands and wrists.
- Contact your local Regional Infection Control Network for UV kits.

Activity 4: *Perfect Fit*

Part One

Objectives

To practice putting on and taking off full PPE and how to fit and wear Personal Protective Equipment (PPE) appropriately.

Materials/props

One set of full PPE (surgical mask, eye protection, gloves and gown) for each participant; alcohol based hand rub (ABHR), **Perfect Fit Activity Check List**

Preparation

Prepare the props and print enough copies of **Perfect Fit Activity Check List** for each participant.

Details

- Provide PPE (gown, gloves, mask, eye protection) for each participant.
- Arrange participants to work in pairs.
- Distribute a checklist to each participant.
- Ask participants to put on PPE.
- After the activity, ask the pair to check each other to see if PPE is properly worn (by using the checklist).

Part Two

Objective

To practice taking off full PPE in the correct sequence.

Details

- Participants can stay with their partner or can work with another member.
- In turn, each member watches his/her partner take off his/her PPE.
- Using the checklist, each participant records the steps and the performance of his/her partner.

Notes to trainers/facilitators

- Acknowledge any steps missed by participants and provide rationale for proper technique.
- Practice the activity again if necessary.
- Refer to Perfect Fit – Rationale Sheet as a reference for explanation of the proper technique and sequence for putting on and taking off full PPE.

Perfect Fit Activity Check List: *Putting on PPE*

Put a “√” if the action is completed appropriately. Put an “x” if the action is not completed appropriately.

Performance	Comments
Was hand hygiene performed before the PPE was put on?	
Is the gown tied properly at the neck?	
Is the gown tied properly at the waist?	
Is the gown overlapped/closed properly at the back?	
Are the cuffs of the gloves over the cuffs of the gown?	
Is the nose bar of the mask pressed properly over the nose?	
Is the mask pulled down to cover the chin? Is the mask tied properly and secure (tie mask) or looped over the ears (ear loop mask)?	
Is the eye protection properly adjusted?	
Does all the PPE fit properly?	

Perfect Fit Activity Check List: *Removing PPE*

Put a “√” if the action is completed appropriately. Put an “x” if the action is not completed appropriately.

Steps	Action	Performance & Comments
	Remove gloves (e.g. glove-to-glove, skin-to-skin)	
	Discard gloves into waste container without contaminating the edges	
	Remove gown by untying at neck and waist and shrugging off the shoulders	
	Roll gown into a ball away from the body	
	Discard gown into waste container without contaminating the edges	
	Perform hand hygiene	
	Remove eye protection	
	Discard eye protection into waste container without contaminating the edges (if disposable) OR, if reusable, drop into receptacle for cleaning and disinfection	
	Remove mask	
	Discard mask into waste container without contaminating the edges	
	Perform hand hygiene	

Perfect Fit: Rationale for Putting On PPE

(Reference Sheet for Trainers/Facilitators)

Step	Rationale
Was hand hygiene performed before the PPE was put on?	Hand hygiene needs to be done before putting on PPE to avoid contaminating the PPE
Is the gown tied properly at the neck?	This will help prevent the gown from falling off your shoulders and keep your uniform covered while you are performing your duties. It also avoids the need for adjusting your gown later while moving about.
Is the gown tied properly at the waist?	This will help keep the back of your uniform covered and secure the gown in place.
Is the gown overlapped/closed properly at the back?	This will help keep the back of your uniform covered and secure the gown in place.
Are the cuffs of the gloves over the cuffs of the gown?	This helps prevent a gap between your gloves and gown and keeps your hands and wrists covered.
Is the nose bar of the mask pressed properly over the nose?	This helps to secure a seal to cover your nose and mouth and prevent you from being exposed to a splash or spray from another person's body fluids.
Is the mask pulled down to cover the chin? Is the mask tied properly and secure (tie mask) or looped over the ears (ear loop mask)?	This will help ensure your nose and mouth is completely covered to protect you from being exposed to a splash or spray from another person's body fluids.
Is the eye protection properly adjusted?	This will help ensure your eyes are completely covered to protect your eyes from splash or spray.
Does all the PPE fit properly?	Ill-fitting PPE can interfere with proper coverage and protection. It is often uncomfortable and requires readjustment which will increase the risk of contamination.

Perfect Fit: Rationale for Removing PPE in the Correct Sequence

(Reference Sheet for Trainers/Facilitators)

Step	Rationale
Remove gloves (e.g., glove-to-glove, skin-to-skin)	This helps prevent contamination of your hands (and the environment). Gloves are typically the most contaminated and should be removed first.
Discard gloves into waste container without contaminating the edges of the container	This helps prevent contamination of the environment.
Remove gown by untying at neck and waist and shrugging off the shoulders	This is the next step. This helps prevent contamination of your uniform, yourself (and the environment).
Roll gown into a ball away from the body	This helps prevent contamination of your uniform, yourself (and the environment).
Discard gown into waste container without contaminating the edges	This helps prevent contamination of the environment.
Perform hand hygiene	This helps prevent contamination of self and the environment. It's important to clean your hands before you touch your face and mucous membranes.
Remove eye protection	This helps prevent contamination of self. Eye protection must be removed first because it is worn over a mask.
Discard eye protection into waste container without contaminating the edges (if disposable) OR, if reusable, drop into receptacle for cleaning and disinfection	This helps prevent contamination of the environment. Reprocessing reusable equipment is necessary to prevent contamination of self and others.
Remove mask	This helps prevent contamination of self.
Discard mask into waste container without contaminating the edges	This helps prevent contamination of the environment.
Perform hand hygiene	This helps prevent contamination of self and the environment.

Activity 5: *The Right Order!*

Objectives

To make decisions about the correct order to put on full PPE and take off full PPE.

Materials/props

2 sets of cards. One set for “putting on PPE” and “one set for taking off PPE”.

Preparation

Print the activity sheets on coloured paper. Use one colour for the “putting on PPE” picture cards and another colour for the “taking off PPE” activity sheet. Cut out all the picture cards. If a laminator is available, laminate each activity sheet and cut apart into the two sets. Place one set of “putting on” and one set of “taking off” cards in an envelope. Prepare enough sets/envelopes for the anticipated number of participants/groups.

Details

- Divide participants into small groups.
- Give each group an envelope which includes one set of “putting on” and one set of “taking off” picture cards.
- Ask participants to put each set of cards in the correct order for “putting on” and “taking off” PPE.
- When the groups have put the cards in the correct order, discuss the rationale for the correct sequences of putting on and taking off PPE.

Notes to trainers/facilitators

- This activity can be used for participants who have experience in putting on and taking off PPE.
- This activity can be cost-effective because it does not require using PPE.
- Participants are required to think about the rationale for each step and will reflect on their actual practice.

Correct order for “Putting On PPE”

1. Hand Hygiene
2. Gown
3. Mask
4. Eye protection
5. Gloves

Correct order for “Taking Off PPE”

1. Gloves
2. Gown
3. Hand hygiene
4. Eye protection
5. Mask
6. Hand hygiene



Activity 5: The Right Order! Putting On

Set One

Activity 5: The Right Order! Taking Off PPE



Set Two

Activity 6: *Caught Red Handed*

Adapted from: Regional Infection Control Week Idea Primer 2010

Objectives

To practice proper glove removal and demonstrate potential contamination of hands, self and the environment during glove removal.

Materials/props

Pairs of gloves, shaving cream/chocolate pudding/non-toxic finger paint/Ultraviolet (UV) (luminescent) light product indicator

Preparation

Prepare/gather the props.

Details

- Arrange participants to work in pairs, in small groups or in large groups (flexible group size).
- Ask each participant to put on a pair of gloves.
- Put a tablespoon of shaving cream/chocolate pudding/fingerpaint/ UV light product indicator on one of the gloved hands.
- Ask participants to rub the shaving cream/chocolate pudding/fingerpaint/UV light product indicator all over the surface of their gloves.
- Ask the participants to remove the gloves without contaminating their hands using glove-to-glove, skin-to-skin technique.
- If UV light product indicator is used, use the UV light to show areas of contamination.

Notes to trainers/facilitators

- To determine if hands have been contaminated, look for evidence of shaving cream/chocolate pudding/fingerpaint on their skin, clothing or other parts of their body or the environment. This will emphasize the need for hand hygiene after glove removal and stress the importance of cleaning the environment.
- Using fingerpaint will also demonstrate that there may be holes in gloves, which will emphasize the need for hand hygiene after glove removal.

Activity 7: PPE Task Master

Objectives

To assess if Personal Protective Equipment (PPE) is required and if so, what type of PPE is needed.

Materials/props

2 sets of cards: PPE Task Master-Task Cards (see next/below) and PPE Task Master – PPE Cards (see next/below), 2 envelopes

- Set one: task card. Each card describes a task that a health care worker is going to perform.
- Set two: PPE card. This set of cards contains either a single PPE or a combination of PPE or no PPE. This set of cards is put in an envelope.

Preparation

Print and cut out the 2 sets of cards for each group and put in two different envelopes. Print out the **Feedback for PPE Task Master Activity** for reference.

Details

- The number of players for each group can be 3 to 4.
- Remove the task cards from the task card envelope and put them in a pile face-down on the table.
- Pick a task card from the pile and turn it over to allow everyone to see the task.
- Participants can discuss what PPE is appropriate for the task.
- Pick a PPE card from the envelope.
- If the PPE card shows the appropriate PPE for the task, the player can keep the task card and the PPE card and leave them face-up on the table. The next player turns over a new task card and the game continues.
- If the PPE card is not appropriate for the task, the

player puts the non-matching PPE card on the table face-down and the next player picks another PPE card to see if the PPE card is appropriate for the task.

- Players take their turns until all the task cards are gone or until the time set for the activity is over.
- The player who has the highest number of task cards is the winner.
- If participants have doubt about the appropriate PPE for the tasks, encourage them to check with the trainer/facilitator.

Notes to trainers/facilitators

- Remember to discuss with participants the importance of hand hygiene when performing tasks and when putting on and taking off PPE.
- Prizes can be given to winners of the game.
- Can set a time limit for the game. There is no need to finish all the tasks.
- This game can also be used to discuss the importance of risk assessment prior to performing a task.
- Use the Feedback for PPE Task Master as a reference to discuss the correct PPE for the task.
- You may choose not to use the “gown only”, “mask only” and “eye protection only” cards. If you choose to use these cards in your game, then, the participant who picks these cards would not be able to make a match. Gowns and gloves together are required for routine practices in these task examples.
- Facial protection (mask and eye protection) together are required for routine practices in these task examples.
- To match a task requiring full PPE, the “Gloves, Gown, Mask, Eye Protection” card needs to be chosen.

Activity 7: PPE Task Master - Task cards.

Cut each cell to make task cards.

Take a blood pressure on a patient with intact skin	Hand a glass of orange juice to a patient who is in bed with a new fever, cough and shortness of breath	Push a wheelchair	Remove a full bedpan from a client/patient/resident who is very cooperative and is able to follow instructions
Help a client/patient/resident to exercise his/her arm	Clean up a small blood spill from the floor	Make a clean bed	Remove bloody linen from an empty bed
Feed a client/patient/resident	Provide care for a client/patient/resident who has diarrhea and is incontinent and has heavily soiled his/her bedside	Input a client's/patient's/resident's data on a computer	Provide care for a patient who has projectile (explosive) vomiting and diarrhea
Wash a client's/patient's/resident's face	Perform bleeding control for a client/patient/resident who has spurting blood from a severed artery	Change an intravenous (IV) fluid bag	Remove a heavily soiled dressing from a client's/patient's/resident's wound
Interview a client/patient/resident	Clean up a client/patient/resident with a draining decubitus ulcer that has leaked on to the bed linen and side rails and floor	Complete a form before sending a specimen to the lab	Suction a client/patient/resident with influenza
Help a client/patient/resident in a wheelchair to adjust his/her position	Clean up a small amount of vomit in the cafeteria	Hand pills to a client/patient/resident	Collect a urine sample
Handle a specimen container with urine in it	Draw blood from a client/patient/resident		

Activity 7: PPE Task Master - Task cards.

Cut each cell to make task cards.

Gloves	Gloves	Gloves	Gloves	Eye Protection only
Gloves	Gloves	Gloves	Gloves	Gloves, Gown, Mask, Eye Protection
Mask, Eye Protection	Mask, Eye Protection	Mask, Eye Protection	Mask, Eye Protection	Gloves, Gown, Mask, Eye Protection
Mask, Eye Protection	Mask, Eye Protection	Mask, Eye Protection	Mask, Eye Protection	Mask only
Gloves, Gown	Gloves, Gown	Gloves, Gown	Gloves, Gown	Eye Protection only
Gloves, Gown	Gloves, Gown	Gloves, Gown	Gloves, Gown	Gloves, Gown, Mask, Eye Protection
Eye Protection only	Eye Protection only	Eye Protection only	Gloves, Gown, Mask, Eye Protection	Mask, Eye Protection
Gloves, Gown, Mask, Eye Protection	Mask, Eye Protection			
Gloves, Gown, Mask, Eye Protection	No PPE	No PPE	No PPE	Gloves, Gown
No PPE	No PPE	No PPE	No PPE	Gloves, Gown, Mask, Eye Protection
No PPE	No PPE	No PPE	Mask only	Gloves, Gown
Gloves	Gloves	Gown only	Gown only	

Activity 7: PPE Task Master Activity Worksheet

Task	Answer
Take a blood pressure on a patient with intact skin	
Push a wheelchair	
Help a client/patient/resident to exercise his/her arm	
Make a clean bed	
Feed a client/patient/resident	
Input a client's/patient's/resident's data on a computer	
Wash a client's/patient's/resident's face	
Change an intravenous (IV) fluid bag	
Interview a client/patient/resident	
Complete a form before sending a specimen to the lab	
Help a client/patient/resident in a wheelchair to adjust his/her position	
Hand pills to a client/patient/resident	
Handle a specimen container with urine in it	
Hand a glass of orange juice to a patient who is in bed with a new fever, cough and shortness of breath	
Remove a full bedpan from a client/patient/resident who is very cooperative and is able to follow instructions	
Clean up a small blood spill from the floor	
Remove bloody linen from an empty bed	
Provide care for a client/patient/resident who has diarrhea and is incontinent and has heavily soiled his/her bedside	
Provide care for a patient who has projectile (explosive) vomiting and diarrhea	
Perform bleeding control for a client/patient/resident who has spurting blood from a severed artery	
Remove a heavily soiled dressing from a client's/patient's/resident's wound	
Clean up a client/patient/resident with a draining decubitus ulcer that has leaked on to the bed linen and side rails and floor	
Suction a client/patient/resident with influenza	
Clean up a small amount of vomit in the cafeteria	
Collect a urine sample	
Draw blood from a client/patient/resident	

Activity 7: Feedback for PPE Task Master Activity

Task	Answer
Take a blood pressure on a patient with intact skin	No PPE
Push a wheelchair	No PPE
Help a client/patient/resident to exercise his/her arm	No PPE
Make a clean bed	No PPE
Feed a client/patient/resident	No PPE
Input a client's/patient's/resident's data on a computer	No PPE
Wash a client's/patient's/resident's face	No PPE
Change an intravenous (IV) fluid bag	No PPE
Interview a client/patient/resident	No PPE
Complete a form before sending a specimen to the lab	No PPE
Help a client/patient/resident in a wheelchair to adjust his/her position	No PPE
Hand pills to a client/patient/resident	No PPE
Handle a specimen container with urine in it	Gloves
Hand a glass of orange juice to a patient who is in bed with a new fever, cough and shortness of breath	Mask , Eye Protection
Remove a full bedpan from a client/patient/resident who is very cooperative and is able to follow instructions	Gloves
Clean up a small blood spill from the floor	Gloves
Remove bloody linen from an empty bed	Gloves
Provide care for a client/patient/resident who has diarrhea and is incontinent and has heavily soiled his/her bedside	Gloves, Gown
Provide care for a patient who has projectile (explosive) vomiting and diarrhea	Gloves, Gown, Mask, Eye Protection
Perform bleeding control for a client/patient/resident who has spurting blood from a severed artery	Gloves, Gown, Mask, Eye Protection
Remove a heavily soiled dressing from a client's/patient's/resident's wound	Gloves
Clean up a client/patient/resident with a draining decubitus ulcer that has leaked on to the bed linen and side rails and floor	Gloves, Gown
Suction a client/patient/resident with influenza	Gloves, Gown , Mask, Eye Protection
Clean up a small amount of vomit in the cafeteria	Gloves
Collect a urine sample	Gloves
Draw blood from a client/patient/resident	Gloves

Activity 8: PPE PAL

Adapted from: Regional Infection Control Week Idea Primer 2010

Objectives

To assess if Personal Protective Equipment (PPE) is required and if so, what type of PPE is needed

This is an alternative to Activity 6. It can be done in the form of a competition.

Materials/props

Paper doll (a felt figure) mounted on cardboard covered with felt paper. The size and construction of the paper dolls can be very flexible depending on the space of the venue, etc. Refer to photos of sample paper dolls and PPE on the next page.

PPE cut out from felt paper (mask-blue, gloves- white, gown- yellow, and eye protection –any colour)

Tasks – use the tasks from Activity 6. There is one task per round. They can be represented by pictures (if available) or text. The tasks can also be presented on computer or on a flip chart.

Preparation

prepare the props, the tasks

Details

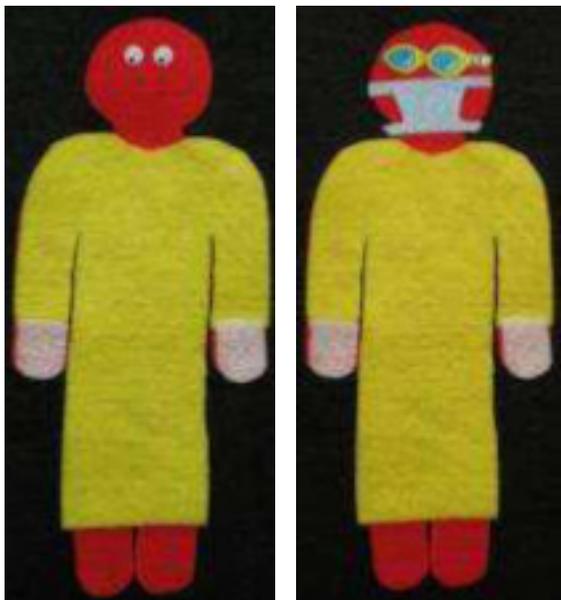
- This activity involves dressing up a paper doll who is representing a health care worker.
- Participants work in 2 groups.
- During each round, the trainer/facilitator presents a task. Use pictures or text on computer or text on flip chart or cards.
- Participants discuss and decide how to prepare the health care provider (either dress up the doll or no PPE) for the task. Their choice of PPE is based on their risk assessment.
- If a competition, the first group who completes the most tasks correctly is the winner. See Activity 6 feedback sheet.

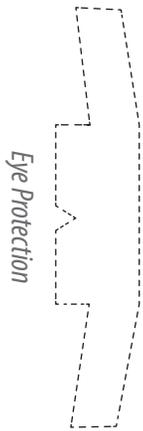
Notes to trainers/facilitators

- This could also be a timed activity or can provide a specific number of tasks. The first group to complete all the tasks correctly wins. A recorder would need to be designated for each group.
- Remember to discuss with participants the importance of hand hygiene when performing tasks and when putting on and taking off PPE.

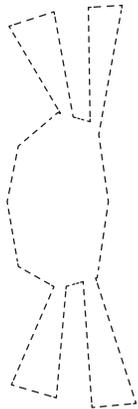
Activity 8: PPE PAL - Examples

Picture of felt doll and PPE

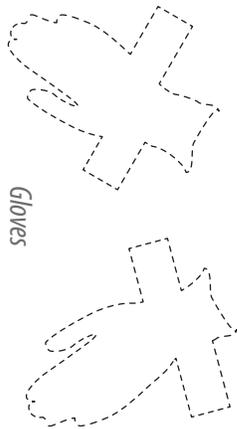




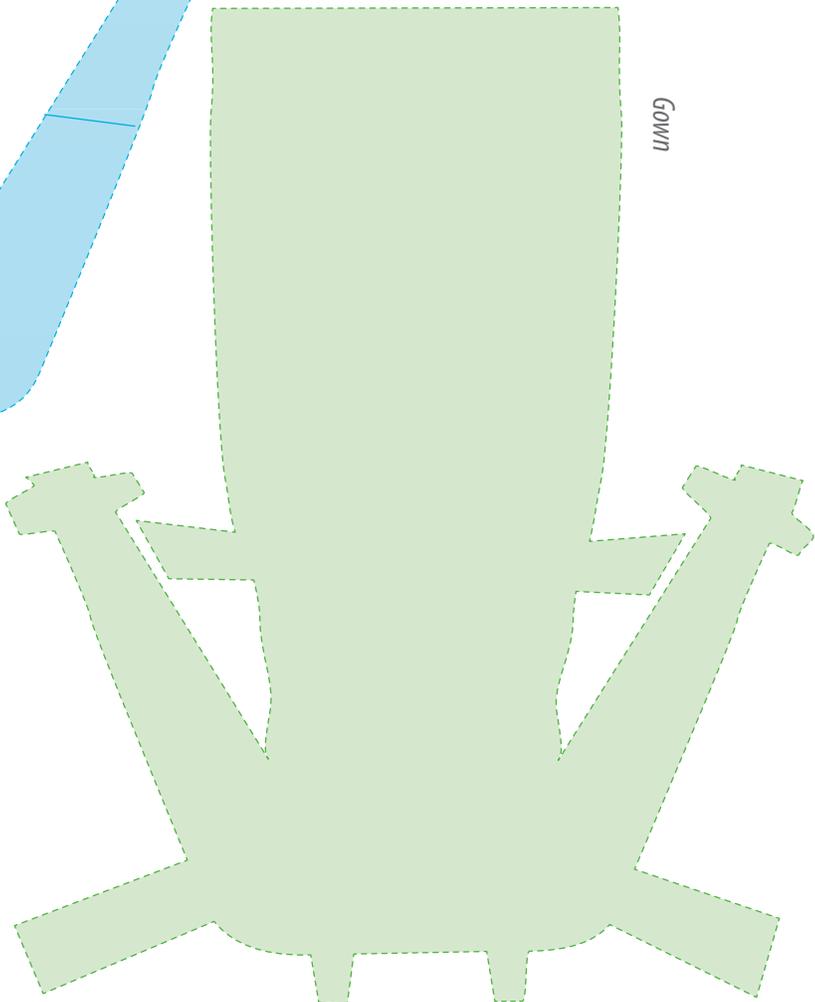
Eye Protection



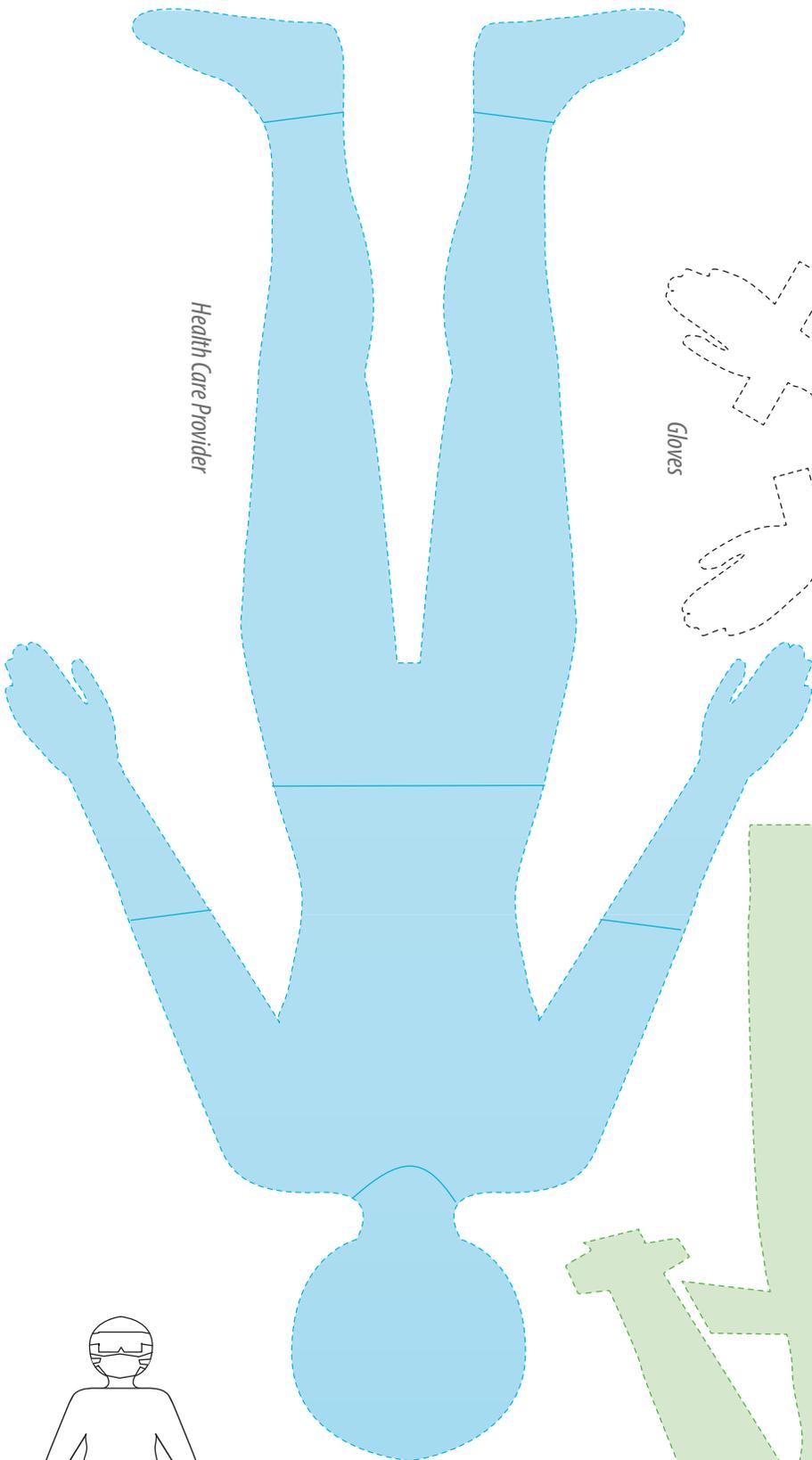
Mask



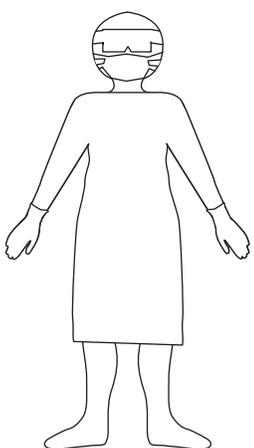
Gloves



Gown



Health Care Provider



Activity 9: *The Right PPE For You and Me*

Objectives

To assess if Personal Protective Equipment (PPE) is required and if so, what type of PPE is needed. This is an alternative to Activities 6 and 7. This can be done individually or in pairs.

Materials/props

Worksheet from Activity 7, pencils or pens, Answer sheet from Activity 6

Preparation

Prepare sufficient copies of the worksheet to be distributed to each individual or pair and a copy of the answer sheet for the trainer/facilitator.

Details

- Give each participant/pair a blank worksheet.
- Ask the participants to assess if PPE is needed for each task. If PPE is not needed insert “No”, If PPE is needed, specify the type of PPE (gloves OR gown and gloves OR mask and eye protection OR gloves, gown, mask and eye protection).
- Go over the answers using the feedback worksheet from Activity 7.

Notes to trainers/facilitators

- Remember to discuss with participants the importance of hand hygiene when performing tasks and when putting on and taking off PPE.

Activity 10: *PPE On!*

Objectives

To reinforce the appropriate use of Personal Protective Equipment (PPE). This can be a competition. The number of group members and group size can vary depending on the number of participants attending the training session.

Materials/props

Cards showing appropriate and inappropriate use of PPE. The cards can be found on the next page.

Preparation

Prepare one set of cards for each group. Answer sheet for trainer/facilitator.

Details

- Divide participants into at least 2 groups.
- Give each group a set of cards.
- Members of each group decide whether the example of PPE use is appropriate or inappropriate and place each card into an “appropriate pile” and an “inappropriate pile”.
- When one group has placed all the cards, members shout “PPE ON!” and the other team stops.
- The facilitator will check if the team has sorted the cards correctly.
- The team with the highest number of correctly sorted cards wins.

Activity 10: PPE On! Appropriate and Inappropriate PPE Use

Perform hand hygiene before putting on and after taking off PPE.	Wear two pairs of gloves for extra protection	Put PPE on immediately prior to each activity that requires it, as determined by your risk assessment.	Wash disposable gloves after use
Remove PPE immediately after the activity or task is done, and when soiled or damaged.	Use ABHR on gloves	Access PPE without contaminating the container or other items	Wear the same pair of gloves all day
Wear gloves when touching non-intact skin	Wear a gown with the opening at the front	Change gloves between clients/patients/residents	Hang up disposable gown for later use
Change your gloves when you go from a “dirty” area or task to a “clean” area or task on the same client/patient/resident	Wear a lab coat instead of a gown to protect yourself	Dry hands before putting on gloves	Disinfect reusable eye protection
Remove gloves when a task is done	Wear a gown to keep warm	Wear a gown with the opening at the back	Leave the gown untied at the waist
Keep eye protection on top of head when not in use	Touch a mask while wearing it	Remove gown before leaving one client/patient/resident and moving to another client/patient/resident	Leave a mask around neck
Dispose of a used mask into the garbage bin	Keep a mask in the pocket for immediate use	Pull the cuff of the glove over the cuff of the gown sleeve	Keep a mask on the top of the head
Use a new mask every time	Reuse a mask when it is not dirty		

Activity 10: PPE On! Feedback

Appropriate PPE Use		Inappropriate PPE Use	
Perform hand hygiene before putting on and after taking off PPE.	Put PPE on immediately prior to each activity that requires it, as determined by your risk assessment.	Wear two pairs of gloves for extra protection	Wash disposable gloves after use
Remove PPE immediately after the activity or task is done, and when soiled or damaged.	Access PPE without contaminating the container or other items	Use ABHR on gloves	Wear the same pair of gloves all day
Wear gloves when touching non-intact skin	Change gloves between clients/patients/residents	Wear a gown with the opening at the front	Hang up disposable gown for later use to reduce cost
Change your gloves when you go from a “dirty” area or task to a “clean” area or task on the same client/patient/resident	Dry hands before putting on gloves	Wear a lab coat instead of a gown to protect yourself	Keep eye protection on top of head when not in use
Remove gloves when a task is done	Wear a gown with the opening at the back	Wear a gown to keep warm	Leave the gown untied at the waist
Disinfect reusable eye protection	Remove gown before leaving one client/patient/resident and moving to another client/patient/resident	Touch a mask while wearing it	Leave a mask around neck
Dispose of a used mask into the garbage bin	Pull the cuff of the glove over the cuff of the gown sleeve	Keep a mask in the pocket for immediate use	Keep a mask on the top of head
Use a new mask every time		Reuse a mask when it is not dirty	

Activity 11: *On the Right Track*

Objectives

To reinforce the appropriate use of Personal Protective Equipment (PPE)

This is a variation of Activities 9 and 11. The object of this game is to move the furthest down the track.

This can be a large group activity or a competition. The maximum number of participants for this activity is 32 (16 per team).

If the group size is larger than 32, trainers/facilitator can either:

1. create additional examples of appropriate and inappropriate PPE use, or
2. form 4 groups and prepare 2 sets of cards

Materials/props

cards showing appropriate and inappropriate use of PPE

Preparation

Photocopy **Play Your Cards Right – Appropriate and Inappropriate PPE Use**, cut the cards and put them in an envelope or a bag. If the trainer/facilitator chooses to leave the participants with a paper copy of this exercise, they can print out On the Right Track answer sheet.

Details

- Divide participants into 2 groups (Train A and Train B).
- A player from group A approaches the trainer/facilitator to pick a card while the others wait for their turn.
- The player reads out the card. The audience decides whether the use of PPE is appropriate or not. (This will be facilitated by the trainer.) If the use of PPE is appropriate, then, the player holds the card and stands in a line (starting train A). If the card shows inappropriate use of PPE, the player returns to his/her seat.
- Then a player from group B gets a card from the trainer/facilitator. If it shows appropriate use of PPE, he/she starts another line (train B). If it shows inappropriate use of PPE, the group B player returns to his/her seat.
- Continue until everybody has participated or all the cards are gone. Some people will still be seated (those who chose an inappropriate PPE use card) and others who are on the train (who chose an appropriate use of PPE card).
- The longest train wins.

Activity 12: *Right or Wrong*

Objectives

To reinforce the appropriate use of Personal Protective Equipment (PPE)

Materials/props

Worksheet Right or Wrong – Appropriate or Inappropriate PPE, pencils or pens

Preparation

Prepare sufficient copies of worksheet for each participant or each pair (for pair work)

Details

- Distribute worksheets to participants.
- Ask participants to complete the worksheet.
- Go over the answers with the participants using the feedback sheet for Activity 9.

Notes to trainer/facilitator

- This is a variation of Activities 10 & 11. This activity can be used for individual work or in groups.

Activity 12: Right or Wrong – Appropriate & Inappropriate PPE Use

Study the following descriptions. Put a “✓” to indicate appropriate use.

PPE use	Appropriate
Perform hand hygiene before putting on and after taking off PPE	
Wear two pairs of gloves for extra protection	
Remove PPE immediately after the activity or task is done, and when soiled or damaged	
Wash disposable gloves after use	
Wear gloves when touching non-intact skin	
Change gloves between clients/patients/residents	
Use ABHR on gloves	
Wear the same pair of gloves all day	
Remove gloves when a task is done	
Wear a gown with the opening at the front	
Hang up disposable gown for later use	
Dispose of a used mask into the garbage bin	
Wear a lab coat instead of a gown to protect yourself	
Use a new mask every time	
Wear a gown to keep warm	
Access PPE without contaminating the container or other items	
Leave a gown untied at the waist	
Put PPE on immediately prior to each activity that requires it, as determined by your risk assessment	
Touch a mask while wearing it	
Leave a mask around your neck	
Dry hands before putting on gloves	
Keep a mask in your pocket for immediate use	
Keep a mask on the top of your head	
Reuse a mask when it is not dirty	
Remove gown before leaving one client/patient/resident and moving to another client/patient/resident	
Keep eye protection on top of your head when not in use	
Change your gloves when you go from a “dirty” area or task to a “clean” area or task on the same client/patient/resident	
Disinfect reusable eye protection	
Pull the cuffs of your gloves over the cuffs of your gown sleeves	
Wear a gown with the opening at the back	

Activity 12: Right or Wrong - Feedback

Study the following descriptions. Put a “✓” to indicate appropriate use.

PPE use	Appropriate
Perform hand hygiene before putting on and after taking off PPE	✓
Wear two pairs of gloves for extra protection	
Remove PPE immediately after the activity or task is done, and when soiled or damaged	✓
Wash disposable gloves after use	
Wear gloves when touching non-intact skin	✓
Change gloves between clients/patients/residents	✓
Use ABHR on gloves	
Wear the same pair of gloves all day	
Remove gloves when a task is done	✓
Wear a gown with the opening at the front	
Hang up disposable gown for later use	
Dispose of a used mask into the garbage bin	✓
Wear a lab coat instead of a gown to protect yourself	
Use a new mask every time	✓
Wear a gown to keep warm	
Access PPE without contaminating the container or other items	✓
Leave a gown untied at the waist	
Put PPE on immediately prior to each activity that requires it, as determined by your risk assessment	✓
Touch a mask while wearing it	
Leave a mask around your neck	
Dry hands before putting on gloves	✓
Keep a mask in your pocket for immediate use	
Keep a mask on the top of your head	
Reuse a mask when it is not dirty	
Remove gown before leaving one client/patient/resident and moving to another client/patient/resident	✓
Keep eye protection on top of your head when not in use	
Change your gloves when you go from a “dirty” area or task to a “clean” area or task on the same client/patient/resident	✓
Disinfect reusable eye protection	✓
Pull the cuffs of your gloves over the cuffs of your gown sleeves	✓
Wear a gown with the opening at the back	✓