Presentations for Schools and Child Care Settings: **Personal Protective Equipment (PPE) – Steps for putting on and taking off PPE**

Transcript: Presentation 2 (part 2) of 6
This presentation is intended to be a refresher on personal protective equipment also referred to as PPE for those working in schools.
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Objectives

• To review how to put on and take off masks, eye protection, gloves and gowns for individuals working in school and childcare settings.

The objective for this presentation is to review how to put on/take off masks, eye protection, gloves and gowns.
What is Personal Protective Equipment (PPE)?

- PPE is equipment worn to protect the wearer from exposure to potential infection. PPE in a school/childcare setting includes:
  - A medical mask (e.g. surgical, procedural) to protect the inside of the nose and mouth
  - Eye protection to protect the eyes from splashes, sprays and droplets
- And in specific situations for specific tasks:
  - A gown to protect clothing from contamination when student is ill.
  - Gloves to protect the hands from contact with body fluids, secretions, excretions; contaminated environmental surfaces when student is ill; and for cleaning purposes per manufacturer’s instructions.

Personal protective equipment or PPE is the term used to describe equipment worn to protect the person wearing it. It refers to medical mask (also often referred to as surgical/procedure masks), eye protection, such as face shields and can include depending on the situation, gloves and gowns. For presentation purposes, we will refer to surgical/procedure masks, as medical masks. When you should wear the different types of PPE is covered in detail in Part 1 of the presentation. In the school and childcare settings, the most commonly used PPE are masks and eye protection. The use of gloves and gowns will be discussed, but are not indicated for day to day activities.
This first section looks at masks
How do you use a mask?

- First, you want to clean your hands with either alcohol based hand rub (ABHR) or soap and water for at least 15 seconds.
- Secure the loops on your ears so the mask doesn’t fall off and remove the mask using these loops also.
- Smooth the wire on the top of the mask firmly along your nose and cheek bones so that the mask doesn’t move up on your face. This can also help with eyeglass fogging.
- Avoid touching the front of the mask when wearing, as the outside of the mask is considered dirty. If the front of the mask is touched, hand hygiene should be performed.
- Masks can be removed when eating or drinking.
Don’t hang your mask off of one ear or wear it under your nose or chin.
How do I take Care of My Mask?

- Store mask appropriately
  - Folded inward, stored in clean/dry bag or cleanable container
  - Change mask when dump, dirty or damaged
How do you take care of your mask? Store your mask in a clean paper or plastic bag or cleanable container when you are not wearing it i.e. during lunch breaks

- Fold mask inward to reduce contact with outside surfaces when storing
- Clean your hands if you accidentally touch the mask
- Do not put mask in a pocket, allow mask to hang around neck/arm etc.
- Clean your hands if you accidentally touch the mask
The following section reviews eye protection.
How Do I Put On Mask and Eye Protection?

1. Clean hands.
2. Place loops of the mask over each ear.
3. Bend the nose bar over the bridge of the nose so that the mask fits snuggly over the nose and mouth and prevent fluid penetration.
4. Put on face shield and adjust to fit. Be sure the face shield fit over your brow.
5. Clean hands.

This slide reviews the step by step process for putting on a mask and eye protection. It is essential that staff and essential visitors are trained in the appropriate use of masks and eye protection, including the proper order in which equipment is to be put on and removed. Reminder: Perform hand hygiene before and after removal. The steps are:

- Clean hands.
- Place loops of the mask over each ear.
- Bend the nose bar over the bridge of the nose so that the mask fits snuggly over the nose and mouth and prevent fluid penetration.
- Put on face shield and adjust to fit. Be sure the face shield fit over your brow.
- Clean hands.
The steps for removing masks and eye protection are as follows:

- Clean hands
- Remove face shield away from face
- Remove the mask by ear loops away from face
- Dispose as directed if disposable
- Clean hands

Keep in mind that eye protection classified as disposable, cannot be re-used it and needs to be discarded after one use. If classified as re-usable, clean and disinfect according to the manufacturer’s instructions.
Gown and glove use is not commonly required for the day to day activities of teachers and school staff, but is indicated for the care of a symptomatic child and would be commonly used by childcare staff when handling bodily fluids, like during a diaper change.

The following slide outlines the steps for putting on and taking off PPE where a gown is being used.

- It is essential that staff and essential visitors are trained in the appropriate use of personal protective equipment or PPE, including the proper order in which equipment is to be put on and removed.
- If PPE is not put on, worn or removed correctly, this may increase the risk of potential exposure to COVID-19 or other infections.
- Hand hygiene is the first step in putting on PPE. Hand hygiene should be performed for at least 15 seconds.
- Once hands have been cleaned, put the gown on, followed by the mask, then eye protection. Put gloves on last, ensuring that the cuffs of the gown are underneath glove and not on top of them.
- Put PPE on before entering the area in which an ill student is isolated
- To remove PPE, first remove and discard gloves. Then remove the gown and perform hand hygiene for at least 15 seconds.
- Remove eye protection, then remove the mask. Discard or place removed PPE in the appropriate receptacle. Finally, perform hand hygiene for at least 15 seconds.
- It may be helpful to post signage to remind staff and essential visitors of the steps to be followed in putting on and taking off PPE.
Hand Hygiene: Points To Remember

- Before putting on PPE, clean your hands
- When taking off PPE, clean your hands (including between steps)
- Use liquid soap and water or alcohol-based hand rub (60%-90% alcohol).
- Manufacturer’s directions should be followed for application of alcohol-based hand rub.
- Rub hands actively for at least 15 seconds.

The following slide highlights a few points to remember with respect to hand hygiene

- Clean hands using an alcohol based hand sanitizer (ABHR) containing at least 60% alcohol (when hands or not visibly soiled), or using soap and water.
- Clean your hands often and when indicated, such as before and after touching PPE, after coughing, sneezing or using the bathroom, before eating and after smoking, is essential in reducing the potential for illness to be transmitted from one person to another.
- Clean your hands for at least 15 seconds, paying attention to all surfaces of the hands and fingers, including the tops of hands. Paper towels are preferred for drying hands.
- Take care of your hands – check them regularly for dry cracked skin.
- Manufacturer’s directions should be followed for application of alcohol-based hand rub.
This slide has two posters that show step by step how to clean your hand either with soap and water or ABHR:

How to Hand Wash:

1. Wet hands with warm water
2. Apply soap
3. Lather soap and run hands palm to palm
4. Rub in between and around fingers
5. Rub back of each hand with palm of other hand
6. Rub fingers of each hand in opposite palm
7. Rub each thumb clasped in opposite hand
8. Rinse thoroughly under running water
9. Turn off water using paper towel
10. Your hands are now clean

How to Hand Rub:

11. Apply 1 to 2 pumps of product to palms of dry hands
12. Rub hands together, palm to palm
13. Rub in between and around fingers
14. Rub back of each hand with palm of each hand
15. Rub fingerprints of each hand in opposite palm
16. Rub each thumb clasped in opposite hand
17. Rub hands until product is dry
18. Do not use paper towels
19. Once dry, you are clean
For More Information ...

Public Health Ontario resources:

- Public Health Ontario – Schools and COVID-19 webpage
- Infection Prevention and Control (IPAC) Overview
- Infection Prevention and Control Fundamentals
- How to clean your hands with soap and water or alcohol-based hand rub
- Putting on/taking off PPE
- When and How to Wear a Mask: Recommendations for the General Public
- Cold Weather Tips for Schools
- Checklist: COVID-19 Preparedness and Prevention in Elementary and Secondary (K-12) Schools
- Infection Prevention and Control Tips for Children Attending School

If you would like more information, please see the list of resources here.
How Did We Do?

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Survey

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For More Information About This Presentation, Contact:

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If you have questions, please email communications@oahpp.ca. Thank you!