Recommended Steps for Putting On and Taking Off Personal Protective Equipment

This resource is an excerpt from the *Routine Practices and Additional Precautions, In All Health Care Settings (Appendix L)* and was reformatted for ease of use.

For more information please contact Public Health Ontario’s Infection Prevention and Control Department at ipac@oahpp.ca or visit www.publichealthontario.ca

[Images developed by Kevin Rostant. Some images adapted from Northwestern Ontario Infection Control Network – NWOICN]
**PUTTING ON PPE**

1. **Perform Hand Hygiene**
   - Put on eye protection and adjust to fit
   - Face shield should fit over brow

2. **Put on Gown**
   - Tie neck and waist ties securely

3. **Put on Mask/N95 Respirator**
   - Place mask over nose and under chin
   - Secure ties, loops or straps
   - Mould metal piece to your nose bridge
   - For respirators, perform a seal-check

4. **Put on Protective Eyewear**
   - Put on eye protection and adjust to fit
   - Face shield should fit over brow

5. **Put on Gloves**
   - Put on gloves, taking care not to tear or puncture glove
   - If a gown is worn, the glove fits over the gown’s cuff

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TAKING OFF PPE

1. Remove Gloves

- Remove gloves using a glove-to-glove/skin-to-skin technique
- Grasp outside edge near the wrist and peel away, rolling the glove inside-out
- Reach under the second glove and peel away
- Discard immediately into waste receptacle

2. Remove Gown

- Remove gown in a manner that prevents contamination of clothing or skin
- Starting at the neck ties, the outer, ‘contaminated’, side of the gown is pulled forward and turned inward, rolled off the arms into a bundle, then discarded immediately in a manner that minimizes air disturbance

3. Perform Hand Hygiene

4. Remove Eye Protection

- Arms of goggles and headband of face shields are considered to be ‘clean’ and may be touched with hands
- The front of goggles/face shield is considered to be contaminated
- Untie bottom tie then top tie, or grasp straps or ear loops
- Pull forward off the head, bending forward to allow mask/respirator to fall away from the face
- Discard immediately into waste receptacle

5. Remove Mask/N95 Respirator

- Ties/ear loops/straps are considered ‘clean’ and may be touched with hands
- The front of the mask/respirator is considered to be contaminated
- Untie bottom tie then top tie, or grasp straps or ear loops
- Pull forward off the head, bending forward to allow mask/respirator to fall away from the face
- Discard immediately into waste receptacle

6. Perform Hand Hygiene