

Sequence for Donning PERSONAL PROTECTIVE EQUIPMENT (PPE)

1. Protect YOUR BODY

- Ensure the gown covers the torso from neck to knees;
- Arms to end of wrists;
- Wraps around the sides to fasten at neck and back.



2. Protect YOUR FACE

- Create a curve in the flexible band for the nose bridge and expand the mask;
- Secure the ties or elastics at the middle of the head and neck, or fasten the ear loops;
- Fit it snugly to your face and below your chin. Fit check the N95 and P2 mask;
- Place the face shield or eyewear over the face and eyes and adjust to fit.



3. Protect YOUR HANDS

- Extend the cuffs to cover the wrist of the gown;
- Limit the surfaces touched;
- Change gloves when torn or heavily contaminated;
- Perform hand hygiene as required.



Finally **STOP** and
CHECK all PPE is
in place.

