

### Before beginning lab session:

- Receive training on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.
- **Demonstrate competency** in performing appropriate social distancing practices and procedures

### Remember:

1. **PPE must be donned correctly** before entering the patient area (e.g., isolation room, unit if cohorting).
2. **PPE must remain in place** and be worn correctly for the duration of work in potentially contaminated areas.
3. **PPE should not be adjusted** (e.g. adjusting respirator/facemask) while working.
4. **PPE must be removed slowly and deliberately** in a sequence that prevents self-contamination.
5. A step-by-step process should be developed and used during class or lab sessions

#### Acceptable Alternative PPE – Use Facemask



**Donning (putting on the gear): Training and practice using your program's procedure is critical. Below is one example of donning:**

1. Perform hand hygiene using hand sanitizer or thorough washing.
  - a. After this procedure do your best to touch nothing else till all PPE is donned
2. Identify and gather the proper PPE to don.
3. Put on NIOSH-approved N95 filtering facepiece respirator or higher (use a facemask if a respirator is not available). If the respirator has a nose piece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected.
  - a. **Facemask:** Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears
  - b. **CAUTION NOTICE:** Do not wear respirator/facemask under your chin or store in pockets between classes or lab sessions.
4. Put on face shield or goggles (*This requirement will be guided by your instructor to meet course requirements*).
  - a. Face shields provide full face coverage.
  - b. Goggles also provide excellent protection for eyes, but fogging is common.
5. Putting on gloves: gloves should at least cover up to the cuff (wrist).
6. You may now begin your class or lab session.

**Doffing (taking off the gear): Training and practice using your program's procedure is critical. Below is one example of donning:**

1. **Remove gloves.** Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).
2. **Perform hand hygiene** with hand sanitizer.
3. **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.
4. **Remove and discard respirator (or facemask if used instead of respirator).**
  - \* *Do not touch the front of the respirator or facemask.*
    - a. Facemask: Carefully untie (or unhook from the ears) and pull away from face without touching the front.
    - b. Respirator: Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.
5. **Perform hand hygiene after removing and disposing** of the facemask and before putting it on again if your workplace is practicing reuse.
6. **The student may now exit the lab or complete their class session.**

*\*Facilities implementing reuse or extended use of PPE will need to adjust their donning and doffing procedures to accommodate those practices.*

Guidelines adapted from:

Greater. SAfer. Together. (n.d.). Retrieved from <https://covid19.sanantonio.gov/What-YOU-Can-Do/Reopening-Safely/Greater-SAfer-Together#Guidelines>

Infection Control Guidance for Healthcare Professionals about Coronavirus (COVID-19). (2020, April 24). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control.html>