PPE Best Practice.
Putting on PPE

Personal protective equipment (PPE) is designed to help protect you from infection—but only if it’s worn the right way. We recommend following the CDC guidelines\(^1\) for putting on your PPE based on the level of precautions required such as standard and contact, droplet or airborne infection isolation precautions.

**Four steps to reduce cross-contamination:**

1. Avoid touching face with hands
2. Limit number of surfaces touched
3. Replace gloves when heavily contaminated or torn
4. Practice regular hand hygiene

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**1 Gown**
- Cover your torso fully—from neck to knees and to the end of wrists, then wrap around your back
- Fasten at the waist and back of neck

**2 Mask/respirator**
- Secure fasteners at your neck and middle of your head
- Adjust flexible band to bridge of your nose
- Adjust for snug fit on face and below chin
- Fit-check respirator

**3 Goggles/face shield**
- Hold in place over face and eyes
- Adjust to fit

**4 Gloves**
- Extend opening to cover the wrist of your gown
- Ensure the entire gown wrist is secure inside glove

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References:
PPE Best Practice.

Taking off PPE

It’s important to exercise caution when removing contaminated personal protective equipment (PPE). To help minimize risk of infection, we recommend following the CDC guidelines.1

1 Gown and gloves
   • Using gloved hands to touch the outside of the gown only, grasp the front and pull away from your body to break the ties
   • As you remove the gown, fold or roll it inside-out and into a bundle
   • When reaching wrists, remove gloves with the gown, only touching the inside of gloves and gown with bare hands—place bundle in waste container

2 Goggles/face shield
   • Remove from the back, lifting the headband—do not touch the front
   • Place reusable items in the designated reprocessing receptacle; discard disposable items in waste container

3 Mask/respirator
   • Grasp bottom fasteners, followed by the top and remove mask/respirator without touching the front with bare hands
   • If wearing a respirator in a patient room, remove all other PPE, leave the room and shut the door before removing the respirator
   • Discard in waste container

4 Hand hygiene
   • After all PPE is removed, wash hands or use an alcohol-based hand sanitizer

CONTAMINATION WARNING:
The outside of your PPE is contaminated. If your hands come in contact with these outside surfaces, immediately wash them or use an alcohol-based hand sanitizer.

Facemask dos and don’ts

**DO**
- Do wash your hands before touching the mask
- Do inspect the mask for tears and holes
- Do place the metal piece or stiff edge over your nose
- Do ensure the colored-side faces outwards
- Do de-pleat the mask folds
- Do cover your mouth, nose and chin
- Do adjust the mask to your face without leaving large gaps on the sides
- Do avoid touching the mask
- Do remove the mask from behind the ears or head
- Do keep the mask away from you and surfaces while removing it
- Do discard the mask immediately after use, preferably into a closed bin
- Do wash your hands after discarding the mask

**DON’T**
- Don’t use a ripped or damp mask
- Don’t wear the mask under nose or mouth
- Don’t wear a loose mask
- Don’t leave your mask hanging around your ear
- Don’t remove the mask to talk to someone
- Don’t leave your used mask within reach of others
- Don’t re-use the mask

Remember that facemasks and other PPE are contaminated after use. It is important to practice hand hygiene before and after removal, or if your hands touch the outside of your PPE.

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N95 respirator dos and don’ts

**DO**
- Inspect mask for defects like tears or torn straps
- Put on the N95 properly: Cup front of mask in clean hands and lay both straps under fingers, pull bottom strap up and over head to nape of neck; pull top strap up and over head to crown of head
- Fit the mask properly: Cover the nose and mouth completely, fit to your chin and mold respirator over the bridge of nose, then press all around the face seal to ensure a tight fit
- Dispose of respirator by touching only the straps
- Wear N95 to protect against small, airborne particles

**DON’T**
- Wear wet or soiled masks
- Wear an N95 respirator without a fit test
- Provide N95 respirators to patients or visitors that have not been fit tested
- Wear if air leaks around the respirator’s edges
- Touch the front of your respirator or snap the straps
- Let your respirator hang around your neck
- Rest your respirator on your elbow
- Share your respirator with others

Stop & Wash

Remember that N95 respirators and other PPE are contaminated after use. It is important to practice hand hygiene before and after removal, or if your hands touch the outside of your PPE.

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