1. **SHOE COVER**

2. **PREPARATION**
   - Hand hygiene
   - Gloves
   - Clean PAPR with Sani-Wipes
   - Discard gloves
   - Hand hygiene

3. **PAPR**
   - Connect hose to battery and mask
   - Turn PAPR on by pressing and holding small button until it vibrates
   - Put on hood and attach belt

4. **GOWN**
   - Place head loop over PAPR
   - Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
   - Fasten in back of waist

5. **GLOVES**
   - Extend to cover wrist of isolation gown
   - Double gloves for airways
   - Use outer glove for laryngoscope disposal

6. **PPE TIME OUT**

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene
# Sequence for Putting On Personal Protective Equipment (PPE) & N95

## 1. Shoe Covers

![Shoe Cover Image]

## 2. Preparation

- Hand hygiene
- Gloves
- Clean goggles with Sani-Wipes
- Discard gloves
- Hand hygiene

## 3. Gown and Hat

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist

## 4. N95 Respirator

- Secure elastic bands at middle of head and neck, above and below ears.
- Fit flexible bend to nose bridge
- Fit snug to face and below chin
- Fit-check respirator

## 5. Goggles or Face Shield

- Place over face and eyes and adjust to fit

## 6. Gloves

- Extend to cover wrist of isolation gown
- Double gloves for airways
- Use outer glove for laryngoscope disposal

## 7. PPE Time Out

Use Safe Work Practices to Protect Yourself and Limit the Spread of Contamination

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene

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**Modified by University of Utah Health March 30, 2020**

**Original By**

![CDC Logo]
1. INSIDE ROOM - CLEAN PAPR
   • Use alcohol-based wipe, clean PAPR face mask and hood.

2. REMOVE GOWN AND GLOVES
   • Gown front and sleeves and the outside of gloves are contaminated!
   • If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
   • Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
   • While removing the gown, fold, or roll the gown inside-out into a bundle
   • As you are removing the gown, peel off your gloves at the same time, only touching the inside of gloves and gown with your bare hands. Place the gown and gloves into a waste container

3. HAND HYGIENE

4. EXIT ROOM & RE-GLOVE

5. REMOVE & CLEAN PAPR
   • Loosening elastic or using tab under chin, remove hood from front to back.
   • Holding the PAPR hood in one hand, unbuckle PAPR belt with the other hand.
   • Gently drop the PAPR hood (avoid contaminating your back with the contaminated PAPR)
   • Place PAPR on “dirty” surface to clean
   • Using alcohol-based wipe, clean the PAPR beginning with the inside of the hood

6. REMOVE SHOE COVERS
   • Sanitize gloves

7. DISCARD GLOVES & HAND HYGIENE

8. CONSIDER CHANGING SCRUBS

Perform hand hygiene between steps if hands become contaminated and immediately after removing all PPE
1. GOWN AND GLOVES

- Gown front and sleeves and the outside of gloves are contaminated!
- If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
- While removing the gown, fold, or roll the gown inside-out into a bundle
- As you are removing the gown, peel off your gloves at the same time, only touching the inside of gloves and gown with your bare hands. Place the gown and gloves into a waste container

2. HAND HYGIENE

3. EXIT ROOM & RE-GLOVE

4. REMOVE SHOE COVERS

- Sanitize gloves

5. REMOVE & CLEAN GOGGLES

- Grasping goggles from sides remove without touching front
- Place on “dirty” surface for cleaning
- Clean goggles using an alcohol-based wipe

6. REMOVE N95

- Using 2 hands, grasp N95 at corner with one hand and twist rubber bands around finger of second hand and remove N95
- Without touching front of N95, place in trash
- If your hands get contaminated during respirator removal, immediately wash hands

7. DISCARD GLOVES & HAND HYGIENE

8. CONSIDER CHANGING SCRUBS

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE