

# HOW TO

## Apply & Remove PPE



### APPLYING PPE

#### 1 GOWN

Fully cover torso from neck to knees, arms to end or wrists, and wrap around the back.

#### 2 SHOE COVERS

Apply sanitary shoe covers while seated. For hands-free application, a shoe cover dispenser should be used.

#### 3 MASK

Secure ties or elastic straps at the middle of the head and neck. Fit snugly to the face from nose to chin.

#### 4 GLASSES / FACE SHIELD

Wear to protect face and eyes. Adjust for secure fit.

#### 5 GLOVES

Should extend to cover the wrist to the isolation gown.

### REMOVING PPE

#### 1 GLOVES

Grasp outside of glove with opposite hand and remove. While holding removed glove, slide fingers under remaining glove and remove.

#### 2 GLASSES / FACE SHIELD

Handle by head strap or ear pieces. DO NOT touch the outside of glasses or shield.

#### 3 GOWN

Unfasten ties and pull away from neck and shoulders touching only the inside of the gown. Turn inside-out and roll into a bundle.

#### 4 SHOE COVERS

Shoe covers are contaminated. Use a hands-free shoe cover removal device.

#### 5 MASK

DO NOT touch front of mask. Grasp from the bottom and top ties to remove.