

Core Competency Assessment Skills Demonstration Overview: Personal Protective Equipment (PPE)

Donning PPE

1. Hand Hygiene:

- i. Perform hand hygiene for at least 20 seconds



2. Gown:

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



3. Mask/Respirator:

- i. Secure ties or elastic bands at the middle of the head and neck.
- ii. Fit flexible band to bridge of nose.
- iii. Fit snug to face and below chin.
- iv. Fit-check respirator.



4. Face Shield/Goggles:

- i. Place over face and eyes and adjust to fit.



5. Gloves:

- i. Extend gloves to cover wrists (gloves should cover wrist of isolation gown).



Adapted from: <https://www.cdc.gov/hai/pdfs/ppe/ppe-sequence.pdf>

https://www.cdc.gov/coronavirus/2019-ncov/downloads/A_FS_HCP_COVID19_PPE.pdf

Doffing PPE

1. Gown/Gloves:

- i. Grasp the gown in the front and pull away from body so that the ties break, touching outside of the gown only with gloved hands.
- ii. While removing the gown, fold or roll the gown inside-out into a bundle.
- iii. While removing the gown, peel off gloves at the same time, only touching the inside of the gloves and gown with bare hands.
- iv. Discard in waste container.



2. Face Shield/Goggles:

- i. Remove face shield or goggles from the back by lifting head band or earpieces. Carefully remove to avoid contact with exterior portions that may have become contaminated.
- ii. Discard in waste container.



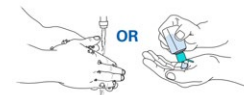
3. Mask/Respirator:

- i. Grasp bottom ties or elastics bands of the mask/respirator and remove without touching the front.
- ii. Discard in waste container.



4. Hand Hygiene:

- i. Perform hand hygiene for at least 20 seconds immediately after removing all PPE.



1. Gloves:

- i. Using the gloved hand, grasp the palm area of the other gloved hand and peel off first glove.
- ii. Hold removed glove in gloved hand.
- iii. Slide fingers of ungloved hand under the wrist of the remaining glove. Peel off second glove over first glove.
- iv. Discard gloves in waste container.

2. Gown:

- i. Unfasten gown ties, ensuring that sleeves do not contact body when reaching for ties.
- ii. Pull gown away from neck and shoulders, touching inside of gown only.
- iii. Turn gown inside out.
- iv. Fold or roll into a bundle and discard in a waste container.

3. Hand Hygiene:

- i. Perform hand hygiene for at least 20 seconds.

4. Face shield/Goggles:

- i. Remove face shield or goggles from the back by lifting head band or earpieces carefully removing without touching the front of the face shield or goggles.
- ii. Discard in waste container.

5. Mask/Respirator:

- i. Grasp bottom ties or elastics bands of the mask/respirator and remove without touching the front.
- ii. Discard in waste container.

6. Hand Hygiene:

- i. Perform hand hygiene for at least 20 seconds immediately after removing all PPE.