

Infection Prevention & Control
Learning Booklet

The “who, what, where, when, how and why” of Personal Protective Equipment



WHO should use Personal Protective Equipment (PPE)?

PPE must be available for use by **EVERYONE** in all healthcare settings

This may include:

- Internal staff
- External staff
- Volunteers
- Patients
- Visitors



Examples of internal staff may include:

- nurses, housekeepers, health care aides, interpreters, allied health workers, physicians

Examples of external staff may include:

- contractors, agency workers, transport personnel, public safety workers

WHAT is Personal Protective Equipment?

PPE is a barrier between you and germs.

PPE for Routine Practices may include:

- Gloves
- Long sleeved gowns
- Facial protection
 - Mask
 - Eye protection

Gloves

Includes:

- Procedure
- Surgical
- Utility



Gowns

Includes:

- Reusable
- Disposable
- Fluid repellent
- Sterile



Facial Protection

Includes:

- Masks
- Eye protection



Masks

Includes:

- Procedure
- Surgical
- Mask with visor



Eye Protection

Includes:

- Safety glasses
- Goggles

Face shield



Prescription and fashion glasses are not considered to be eye protection



Shared health
Soins communs
Manitoba



WHERE should you use Personal Protective Equipment?

PPE is used in all healthcare settings:

- Acute Care
- Long Term Care
- Community

Access to PPE is needed where contact occurs with:

- Patient/Resident/Client (PRC)
- The PRCs environment

A PRC's environment may include:

A physiotherapy room
in a long term care
facility



The space around an
occupied stretcher in an
Emergency Department

Inside their home



WHEN should you use Personal Protective Equipment?

PPE should be used when a Point of Care Risk Assessment (PCRA) has been done and you have decided you need PPE

A Point of Care Risk Assessment is used to decide if contact between you and the patient or the patient's environment will spread germs

For more information about the Point of Care Risk Assessment, refer to Routine Practices in the Infection Prevention and Control Manual



WHEN to use gloves:

Use gloves when your hands may contact blood, body fluids, mucous membranes or non-intact skin



Gloves continued....

Use gloves when touching items or surfaces that could be soiled with blood or body fluids



Use gloves when your hands are dry, cracked or have open areas and you will have contact with the patient

WHEN to use gowns:

Use a long sleeved gown during activities that may cause soiling or generate splashes or sprays of blood



WHEN to use facial protection:

Use a mask and eye protection for patient care or procedures that may cause:

- Coughing
- Splashes or sprays of blood or body fluids



Use a mask and eye protection when you are within **2 meters** of a coughing or sneezing PRC

Use a mask without eye protection when doing aseptic or sterile procedures



Use a N95 respirator as indicated for infectious airborne diseases and specific aerosol generating medical procedures.

N95 respirators are not used for Routine Practices.

Refer to the IPC Acute Care Manual for additional information



WHY do we use Personal Protective Equipment?

- PPE protects you from contact with germs
- Wearing PPE can reduce the spread of germs to your family, friends, co-workers, and PRCs
- PPE may also be worn to protect PRCs from your germs

Gloves protect your hands from contact with germs



A long sleeved gown protects your skin and clothing from contact with germs



A mask protects your nose and mouth from germs and protects PRCs from your germs



Eye protection protects your eyes from germs



HOW to put on Personal Protective Equipment



1. Perform HAND HYGIENE before entering a client's environment



2. Put on a long sleeved GOWN
 - Opening to the back
 - Tie at the neck and waste
 - Cover skin and clothing



3. Put on a MASK or N95 RESPIRATOR
 - Secure loops or ties
 - Shape metal piece to the bridge of your nose



- For N95 Respirators perform a seal check



4. Put on EYE PROTECTION



5. Put on GLOVES
 - Pull gloves over gown cuffs

HOW to take off Personal Protective Equipment

Before leaving a PRC environment:



1. Remove GLOVES

- Grasp at the palm and remove, pulling the glove inside-out
- Scoop under the second glove and remove
- Place gloves in garbage



2. Remove GOWN

- Untie neck, then waist
- Scoop fingers under cuff; pull over hand
- Use gown covered hand to pull gown over other hand
- Pull gown off without touching the outside
- Roll gown inside out
- Place in laundry hamper or garbage as appropriate



3. Perform HAND HYGIENE

After leaving the PRC environment:

1. Remove EYE PROTECTION
 - Take off using handles and place in reprocessing bin or garbage
2. Remove MASK or N95 RESPIRATOR
 - Remove using loops or ties
 - Do not touch mask or respirator
 - Place in garbage
3. Perform HAND HYGIENE



“Personal Protective” Tips:

Do not dangle a mask around the neck when not in use

Do not reuse mask

Change the mask if it becomes wet or soiled

Do not double glove.

Do not use the same pair of gloves for the care of more than one patient.

Do not clean gloves for reuse

Remove gloves and perform hand hygiene immediately after patient care activities.

If gloves are still indicated, replace with a clean pair.



Personal Protective Equipment Quiz

1. Who should wear a gown?
 - a. Someone who feels cold.
 - b. A healthcare worker giving a patient a bath.
 - c. A patient going to the cafeteria.
 - d. A healthcare worker who is doing an activity that may cause sprays of body fluids.

2. When should you wear gloves?
 - a. When you want to avoid performing hand hygiene.
 - b. When your hands may contact blood or body fluids.
 - c. When you walk down the hall to get a clean bed pan.
 - d. When washing a patient's intact skin.

3. Where is the patient's environment?
 - a. A patient's home.
 - b. A personal care home.
 - c. The bed space around an occupied stretcher in the Emergency Department.
 - d. All of the above.

4. What is included in Personal Protective Equipment for Routine Practices?
 - a. Safety glasses, long sleeved gowns, gloves, masks.
 - b. Safety glasses, short sleeved gowns, gloves, masks.
 - c. Prescription glasses, long sleeved gowns, gloves, masks.
 - d. All of the above.

5. A mask may be left dangling around your neck.
 - a. True
 - b. False

Remember to practice:



Answer key:

- | | |
|------|------|
| 1. D | 4. A |
| 2. B | 5. B |
| 3. D | |

Adapted from <https://www.wrha.mb.ca/extranet/ipc/files/ppe/Booklet.pdf>