SEQUENCE FOR **DONNING PERSONAL PROTECTIVE EQUIPMENT (PPE)**

The type of PPE will vary based on the level of protection required.

**STEP 1: GOWN**
- Fully cover torso from neck to knees, arms to end of wrists, and wrap around back
- Fasten in back of neck and waist

**STEP 2: SHOE COVERS**
- Pull shoe covers over shoes

**STEP 3: GLOVES**
- Apply first layer of gloves (check for tears)
- Cut hole in lab coat for thumb
- Pull lab coat over hand putting thumb through hole
- Apply second layer of gloves (extend to cover wrist)

**STEP 4: MASK OR RESPIRATOR**
- Cup the respirator in your hand; nosepiece at fingertips
- Position the respirator under your chin with nosepiece up
- Pull top strap over head resting it at back of head
- Pull bottom strap over head resting around neck below ears
- Using two hands; mold nose
- Place both hands over mask and exhale sharply
- If air leaks out adjust mask

**STEP 5: GOGGLES OR FACE SHIELD (IF NEEDED)**
- Place over face and eyes; adjust to fit

**USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION**
- Keep hands away from face
- Change outer gloves before removing hands from BSC
- Disinfect surfaces frequently

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SEQUENCE FOR DOFFING PERSONAL PROTECTIVE EQUIPMENT (PPE)

STEP 1: GLOVES
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand; peel glove off over first glove; discard in waste container
- Leave inner layer of gloves on

STEP 2: GOGGLES OR FACE SHIELD (IF USED)
- Handle by head band or ear pieces and place in designated receptacle

STEP 3: GOWN
- Unfasten ties
- Pull away from neck and shoulders, turning gown inside out
- Fold or roll into a bundle and discard in waste container

STEP 4: SHOE COVERS
- Touch highest part of shoe cover behind ankle only
- Pull shoe cover off of first shoe; place foot in clean area
- Pull shoe cover off of second shoe; place foot in clean area

STEP 5: MASK OR RESPIRATOR
- Front of mask may be contaminated; touch only with gloved hands
- Grasp side of mask with both hands
- Gently pull off over face; discard in waste container

STEP 6: INNER GLOVES
- Grasp outside of glove with opposite hand; peel off
- Hold removed glove in opposite gloved hand
- Slide fingers of un gloved hand under remaining glove at wrist
- Peel glove off over first glove and discard

STEP 7: WASH HANDS
- Wash hands thoroughly

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