

Station Implementation Tips - Risk Assessment with Appropriate PPE Based On Activities Being Performed

1. Set-Up

- a. Best if two competency validators work at the station
- b. Gather all:
 - i. Supplies- various sized gloves and gowns, face mask, N95 respirators in use at the facility, goggles, face shield, alcohol-based hand rub/hand sanitizer (with at least 60% alcohol content), trash can, disinfectant (wipes, solution with paper towels)
 - ii. Teaching materials- PPT presentation(s), handouts, pocket cards, competency checklists, quiz copies

2. Education and Competency Validation

- a. Provide a short overview of why PPE use is important and when PPE should be used
- b. Demonstrate donning and doffing the different types of PPE
- c. Perform donning and doffing PPE competency validation with each staff member and document results on a competency checklist.
 - i. Clean and disinfect goggles and face shield per manufacturer's instructions between use with each staff member
 - ii. If staff member did not successfully complete PPE donning and doffing:
 1. Provide and document remedial education
 2. Repeat competency validation and document results
- d. Administer Risk Assessment with Appropriate PPE quiz-keep completed quizzes in education file

Personal Protective Equipment (PPE) Competency Validation

Donning and Doffing

Standard Precautions and Transmission Based Precautions

Type of validation: Return demonstration

☐ Orientation

☐ Annual

☐ Other

Employee Name: _____ Job Title: _____

COMPETENT	YES	NO
Donning PPE:		
1. Perform Hand Hygiene		
2. Don Gown:		
• Fully covering torso from neck to knees, arms to end of wrists		
• Tie/fasten behind neck and waist		
3. Don Mask/Respirator:		
• Secure ties/elastic bands at middle of head and neck		
• Fit flexible band to nose bridge		
• Fit snug to face and below chin (Fit-check respirator if applicable)		
4. Don Goggles or Face Shield:		
• Place over face and eyes; adjust to fit		
5. Don Gloves:		
• Extend to cover wrist of gown		
Doffing PPE: Example 1		
6. Remove Gloves:		
• Grasp outside of glove with opposite glove hand; peel off		
• Hold removed glove in gloved hand		
• Slide fingers of ungloved hand under remaining glove at wrist		
• Peel glove off over first glove		
• Discard gloves in waste container		
7. Remove Goggles or Face Shield:		
• Handle by head band or earpieces		
• Discard in designated receptacle if re-processed or in waste container		
8. Remove Gown:		
• Unfasten ties/fastener		
• Pull away from neck and shoulders, touching inside of gown only		
• Turn gown inside out		
• Fold or roll into bundle and discard		

COMPETENT	YES	NO
9. Remove Mask/Respirator (respirator removed after exit room/closed door):		
• Grasp bottom, then top ties or elastics and remove		
• Discard in waste container		
10. Perform Hand Hygiene		
Doffing PPE: Example 2		
11. Remove Gown and Gloves:		
• 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 gown, fold or roll the gown inside-out into bundle		
• While removing gown peel off your gloves at the same time, only touching inside of gloves and gown		
• Discard in waste container		
12. Remove Goggles/face shield		
• Remove from back by lifting head band		
• Discard in waste container		
13. Mask or Respirator		
• Grasp bottom ties or elastic of mask/respirator, then top and remove		
• Discard in waste container		
14. Perform Hand Hygiene		
Standard Precautions & Transmission Based Precautions		
15. Staff correctly identifies the appropriate PPE for the following scenarios: <i>Additional PPE to be worn based on standard precautions guidelines</i> (anticipated level of exposure) *		
• Contact/Contact Enteric Precautions (gown & gloves)		
• Droplet Precautions (surgical mask)		
• Airborne Precautions (fit-tested respirator if applicable)		
• Enhanced Barrier Precautions (gown & gloves for high contact activities)		
RECOMMENDED IN NURSING HOME SETTINGS ONLY		

***NOTE: Examples include mask for coughing/vomiting patient, goggles/face shield for irrigating draining wound, gown for dressing change if scrubs may touch patient, etc.,**

Comments or follow up actions:

Employee Signature

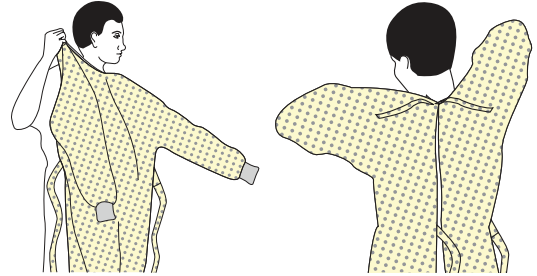
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Validator Signature Date

SEQUENCE FOR **PUTTING ON** PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

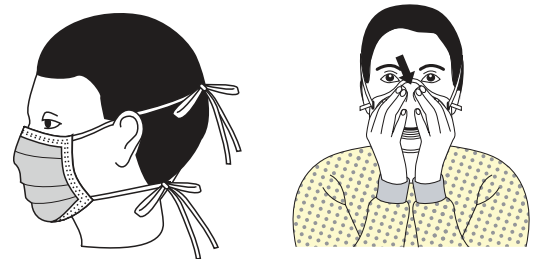
1. GOWN

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



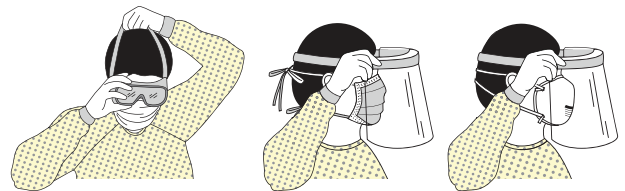
2. MASK OR RESPIRATOR

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



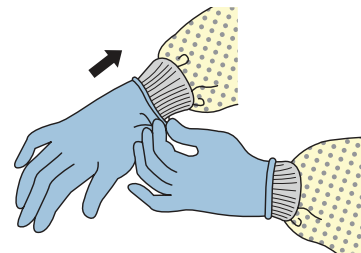
3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



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



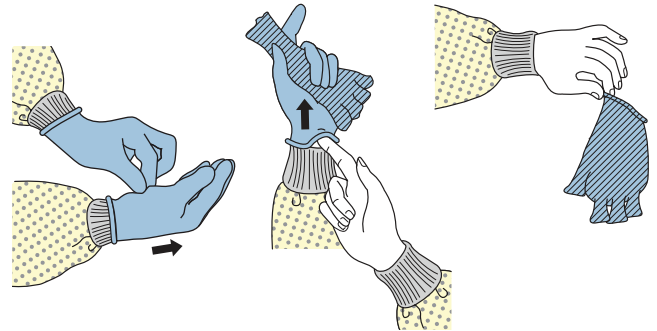
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



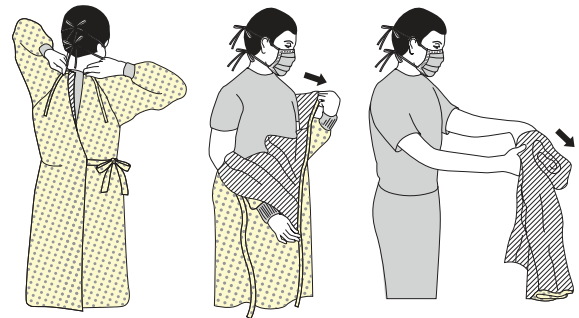
2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



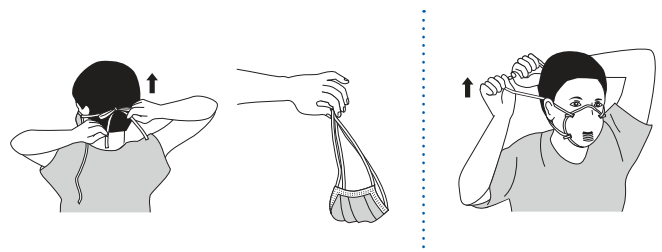
3. GOWN

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties
- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container

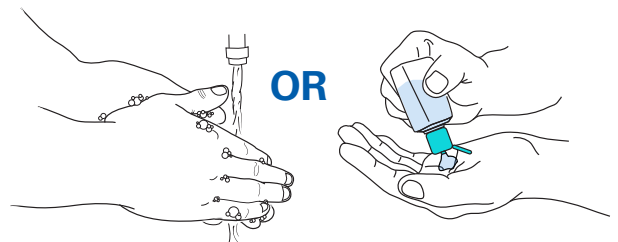


4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



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



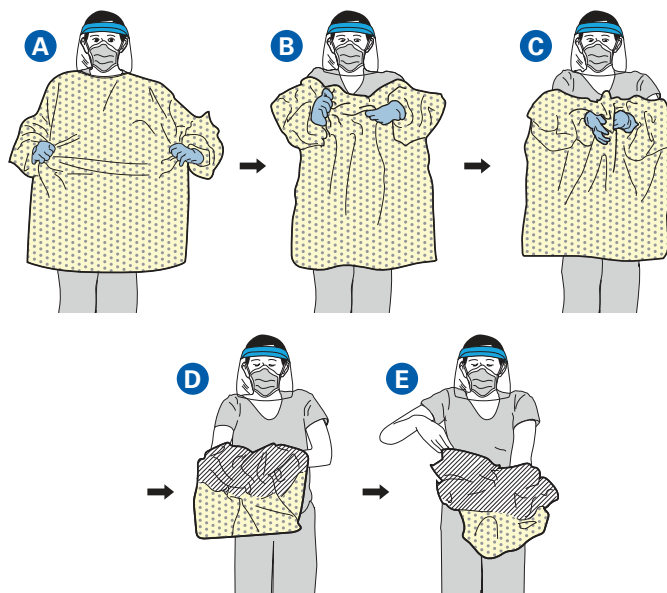
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)

EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

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 the gloves and gown with your bare hands. Place the gown and gloves into a waste container



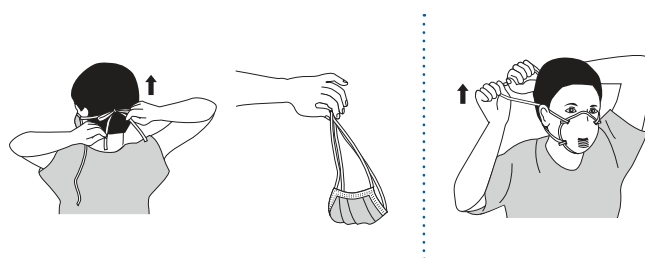
2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

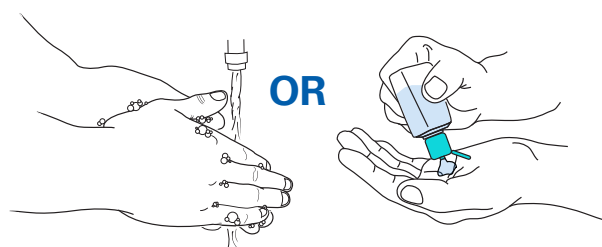


3. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



4. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE



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



Educational Material: Risk Assessment With Use Appropriate PPE Based on Activities Being Performed

Prior to providing care to any resident, the staff member should conduct a risk assessment to determine their level of potential exposure to blood or body fluids, secretions, excretions or any splashes or sprays.

Additional questions/considerations the staff member should consider are:

- Does the resident have a known infection requiring transmission-based precautions?
- Does the resident have signs or symptoms of an infection that has not yet been diagnosed (fever, diarrhea, cough)?

Based on that assessment, the staff member should select the appropriate personal protective equipment (PPE) to wear:

1. Personal Protective Equipment

a. Gloves

- I. Exposure to blood or body fluids, excretions, secretions
- II. Contact Precautions

b. Gown

- i. Protect skin and prevent soiling of clothing from exposure to blood or body fluids, secretions, excretions or any splashes or sprays.
- ii. Contact Precautions

c. Mask/N95 respirator

- i. Mask -Protect mucous membranes of the nose and mouth against splashes or sprays of body fluids, respiratory secretions
- ii. N95 respirator - Protection from inhalation of airborne particles and/or when performing aerosol-generating procedures

d. Eye Protection (Goggles or Face Shield)

- i. Protect mucous membranes of the eyes from splashes or sprays of blood, body fluids, secretions and excretions

Source: World Health Organization, Standard precautions for the prevention and control of infections, [WHO-UHL-IHS-IPC-2022.1-eng.pdf](#)

Quiz: Risk Assessment with Appropriate PPE

Name _____

1. How often should you inspect your PPE to ensure it's in good condition and functioning properly?
 - A. Before each use
 - B. Once a week
 - C. Once a month
 - D. When needed
2. True or False: A seal check is not necessary when donning a N95 respirator if you were fit tested for that respirator.
3. Which is not an acceptable form of eye protection?
 - A. Face Shield
 - B. Personal eyeglasses
 - C. Safety glasses
 - D. Goggles
4. What is the proper sequence for doffing PPE?
 - A. Gloves, face shield, mask, gown
 - B. Gloves, face shield, gown, mask
 - C. Gown, gloves, mask, goggles
 - D. Gown, goggles, gloves, mask
5. The purpose of a staff member performing a risk assessment prior to providing care for a resident is to determine if:
 - A. the resident should be cared for by a different staff member
 - B. the resident is too confused to receive care
 - C. there is potential exposure to blood or body fluids
 - D. There is potential for the staff member to transmit an infection to the resident

Quiz Answer Key: Risk Assessment with Appropriate PPE

Answer Key:

1. A
2. False
3. B
4. B
5. C

PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE refers to a variety of barriers used alone or in combination to protect mucous membranes, airways, skin and clothing from contact with infectious agents (germs). Select PPE based on the nature of the patient/resident contact and/or the likely mode(s) of transmission.

GLOVES

Wear gloves when it is reasonably anticipated that contact with blood or other potentially infectious materials, mucous membranes, nonintact skin or potentially contaminated intact skin (e.g., of a patient/resident incontinent of stool or urine) could occur.

Change gloves during patient/resident care if the hands will move from a contaminated body site (e.g., perineal area) to a clean body site (e.g., face). Perform hand hygiene between glove changes.

GOWN

Wear a gown to protect skin and prevent soiling or contamination of clothing during procedures and patient/resident care activities when contact with blood, body fluids, secretions or excretions is anticipated.

MASK

Wear a mask for protection from contact with infectious material from patients/residents (e.g., respiratory secretions and sprays of blood or body fluids).

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GOWN

Wear a gown to protect skin and prevent soiling or contamination of clothing during procedures and patient/resident care activities when contact with blood, body fluids, secretions or excretions is anticipated.

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PERSONAL PROTECTIVE EQUIPMENT

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Change gloves during patient/resident care if the hands will move from a contaminated body site (e.g., perineal area) to a clean body site (e.g., face). Perform hand hygiene between glove changes.

GOWN

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RESPIRATOR

Wear a respirator with N95 or higher filtration to prevent inhalation of small particles that may contain infectious agents transmitted via the airborne route (e.g., TB, SARS-CoV-2). This requires fit testing prior to use.

GOGGLES/FACE SHIELD

Wear goggles/face shield to protect the mucous membranes of the eyes, nose and mouth during procedures and activities that are likely to generate splashes or sprays of blood, body fluids, secretions and excretions (e.g., suctioning or wound irrigation). A face shield may be used instead of a mask and goggles to provide more complete protection for the face.

PPE	PROPER USE
Gloves	- Use non-sterile for isolation - Use sterile for sterile/aseptic technique
Gown	Fully cover torso from neck to knees, arms to end of wrist, wrap around back and tie
Mask/Respirator	- Secure ties or elastic band at middle of head and neck - Fit flexible band to nose bridge - Fit snug to face and below chin - Fit test respirator
Goggles/Face Shield	- Put on face and adjust to fit - Clean reusable goggles after use

PPE designated as single-use should not be reused unless state and/or federal regulatory agencies approve re-use or extended use during PPE shortages.

Remove PPE after contact with a patient/resident and perform hand hygiene before leaving the patient's/resident's environment.



PPE Sequence | CDC



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PPE Sequence | CDC



Videos: Donning and Doffing PPE

NC SPICE Donning and Doffing PPE video: <https://vimeo.com/672964167/ba4dea9bb6>