

# Donning Personal Protective Equipment (PPE)

## Background

If you are at risk of being exposed to a patient's body fluids or an infectious disease, you should be wearing PPE. The level of PPE required is dependent on the body fluids you may come into contact with and/or the infectious disease you are at risk of being exposed to. These are outlined in the Clinical Procedures and Guidelines (CPGs).

This skill sheet should be used in conjunction with the Standard Level PPE Donning Task Card, which can be found on the St John intranet.

## Procedure

Follow the steps on the Standard Level PPE Donning Task Card to correctly don your PPE:

- 1 Assemble overalls, gloves, N95 mask and safety glasses.
- 2 Plan and assemble decontamination equipment (hand gels, alcohol, universal sanitising wipes and biohazard bags).
- 3 Go to the toilet and empty your bladder.
- 4 Perform hand hygiene by washing your hands and applying alcohol gel.



- 5 Remove all personal effects and jewellery (place in clear plastic bag), but leave prescription glasses on and contact lenses in if worn.
- 6 Strongly consider removing uniform to underwear (shorts and a t-shirt).
- 7 Don overalls, ensure they extend to the wrists. Fasten the overalls to the midway point.



- 8 Put on the N95 mask; fit the nose band.



- 9 Put on the first pair of gloves - ensure they sit under the wrist cuff of the overalls.



- 10 Put on the safety glasses.



- 11 Zip overalls to the top and place the hood on your head.



- 12 Put on a second pair of gloves - ensure they sit over the top of the wrist of the overalls.
- 13 Have the assistant perform a visual check that all the PPE is correctly worn.
- 14 Record the time that the PPE was donned.



## Assessment criteria

If you are required to don PPE as part of an assessment, the following table gives you an idea of what the assessor will be expecting.

Assessment	Competent
<p><b>1. Demonstrate safe donning of PPE.</b></p> <p>Demonstration must include the following:</p> <ol style="list-style-type: none"> <li>1. Assemble the PPE required.</li> <li>2. Plan and assemble the decontamination equipment.</li> <li>3. Verbalise the intent to go to the toilet to empty the bladder if required.</li> <li>4. Perform hand hygiene by washing hands and applying alcohol gel.</li> <li>5. Remove all personal effects and jewellery but leaving prescription glasses on and contact lenses in if worn.</li> <li>6. Verbalise consideration to remove uniform and wear shorts and a t-shirt.</li> <li>7. Donn the overalls ensuring they extend to the wrists. Fasten the overalls to the midway point.</li> <li>8. Put on the N95 mask and fit the nose band.</li> <li>9. Put on first pair of gloves and ensure they sit under the wrist cuff of the overalls.</li> <li>10. Put on the safety glasses.</li> <li>11. Zip overalls to top and place hood overhead.</li> <li>12. Put on the second pair of gloves - ensure they sit over the top of the wrist cuff of the overalls.</li> <li>13. Have an assistant perform a visual check that all PPE is correctly worn.</li> <li>14. Record the time the PPE was donned.</li> </ol>	