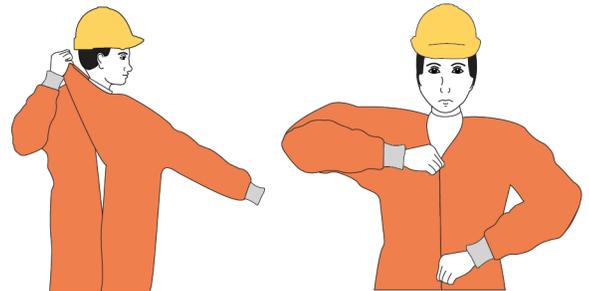


HOW TO PUT ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used on your site may vary based on the level of exposure risk and the precautions required. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. DISPOSABLE SUIT/COVERALLS

- ◇ Fully cover back from neck to ankles, arms to end of wrists, pull around front
- ◇ Fasten/zip up completely



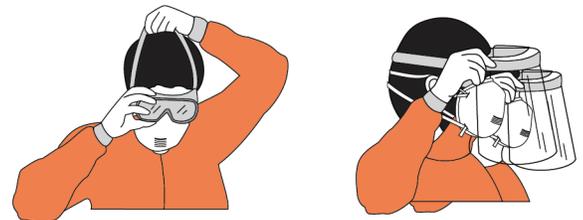
2. RESPIRATOR

- ◇ 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-check respirator



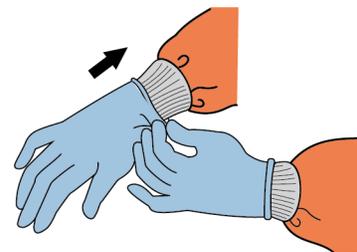
3. GOGGLES OR FACE SHIELD

- ◇ Place over face and eyes and adjust to fit



4. GLOVES

- ◇ Extend to cover wrist of disposable suit/coveralls
- ◇ Use a second pair of gloves over the first



CONTINUE FOLLOWING SAFE WORK PRACTICES WHILE WEARING PPE. THIS MAY INCLUDE:

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn, contaminated and at the end of each shift
- Follow hand hygiene best practices



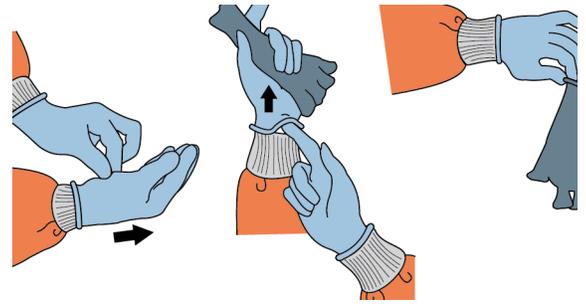
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HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT

Removing PPE in the proper sequence reduces risk for contaminating your clothing, skin or other areas. During removal, treat all PPE as if it is contaminated.

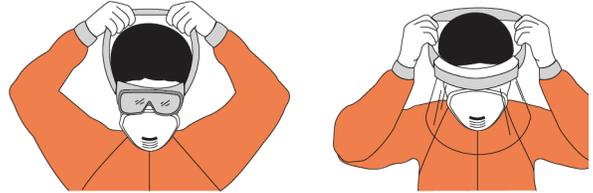
1. FIRST PAIR OF GLOVES

- ◇ Using one hand, grasp the palm area of the other hand and peel off the first glove
- ◇ Holding removed glove in double-gloved hand, use opposite hand to peel off next glove starting at the wrist
- ◇ Discard gloves in a waste container



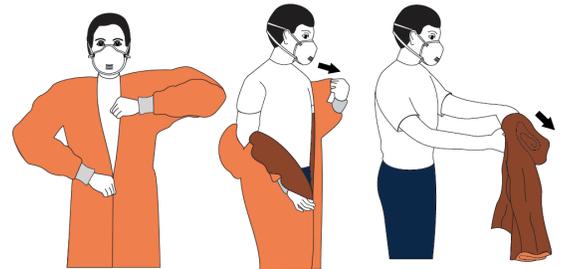
2. GOGGLES OR FACE SHIELD

- ◇ Remove goggles or face shield from the back by lifting head band or ear pieces
- ◇ If the item is reusable, place in designated area for cleaning/disinfecting



3. DISPOSABLE SUIT/COVERALLS

- ◇ Unfasten coveralls, being careful not to let sleeves touch your body
- ◇ Pull coveralls away from neck and shoulders, touching inside of coveralls only
- ◇ Turn coveralls inside out
- ◇ Fold or roll into a bundle and discard in a waste container



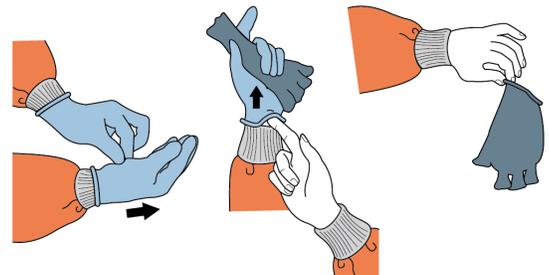
4. RESPIRATOR

- ◇ Grasp elastics of the respirator, then the ones at the top, and remove without touching the front
- ◇ Discard in a waste container

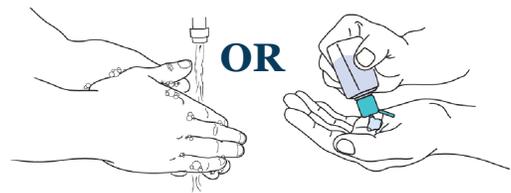


5. SECOND PAIR OF GLOVES

- ◇ Using one hand, grasp the palm area of the other gloved hand and peel off the first glove
- ◇ Holding removed glove in gloved hand, slide fingers of ungloved hand under remaining glove at wrist and peel off last glove
- ◇ Discard gloves in a waste container



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



**FOLLOW HAND HYGIENE BEST PRACTICES
BETWEEN STEPS IF HANDS BECOME CONTAMINATED**



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