



## Putting on (donning) personal protective equipment (PPE)

### Use safe work practices to protect yourself and limit the spread of infection

- keep hands away from face and PPE being worn
- change gloves when torn or heavily contaminated
- limit surfaces touched in the patient environment
- regularly perform hand hygiene
- always clean hands after removing gloves

### Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery
- check PPE in the correct size is available

## Information from Primary Care (General Practice) Workers

### Perform hand hygiene before putting on PPE

1



#### Apron

Pull over head and fasten at back of waist.

2



#### Surgical mask

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

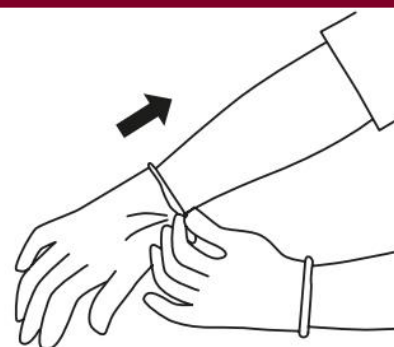
3



#### Eye Protection (Goggles/Face Shield)

If risk of splash injury

4



#### Gloves

Select according to hand size. Extend to cover wrist.