

Pause for Prevention

Module 3: Personal Protective Equipment (PPE)

Donning (putting on) personal protective equipment:

Follow the QR Code to see CDC demonstration for donning personal protective equipment. Put on PPE before contact with the resident.



Perform Hand Hygiene



Put on Gown



Put on Mask or Respirator



Put on Goggles or Faceshield



Put on Gloves

Doffing (removing) personal protective equipment:

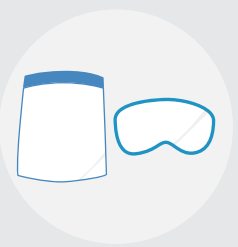
Follow the QR Code to see CDC demonstration for doffing personal protective equipment.



Remove Gloves



Perform Hand Hygiene



Remove Goggles or Faceshield



Remove Gown



Remove Mask or Respirator



Perform Hand Hygiene

Pause for Prevention

Supplies

- PPE including gowns, gloves, face shield or goggles, masks.
- Alcohol based hand rub (ABHR)
- Stop and Go signs from included template.
- Optional: PPE audit tool included with module.

Preparation

- Print and prepare enough STOP/GO signs for each observer. The signs can be printed in black and white or in color. If a paper of thick consistency is not available for printing, consider gluing the STOP/GO graphic to construction paper, or other paper that is stiffer than ordinary copy paper.
- Gather staff in an area where the lesson can be carried out without disruption.
- Have the attendees form groups of 2 or 3 with 1 person acting as the observer. *Note: Smaller groups are desired for observing the donning and doffing steps.
- Use the PPE flyer to review the appropriate donning/doffing process.
- Provide the participants who will be donning and doffing with protective equipment.
- Provide each observer with a Stop/Go sign.

Instructions for Leader:

Instruct the observer to look for opportunities to improve the process during donning and doffing. As the observer identifies these opportunities, he/she should stop the process by holding up the STOP sign, to allow for an opportunity to have a brief conversation about what could be improved in the participants donning and doffing process. Once the observer and the participant are satisfied that any issue is resolved, STOP can be exchanged for GO and the donning or doffing process is resumed. The observer and the participants donning/doffing PPE can trade places to ensure that everyone has an opportunity to perform both roles.

At the end of the activity, allow a few minutes for the participants to share opportunities that were identified and what they learned as they practiced donning and doffing protective equipment.

Additional Learning Opportunity:

The Centers for Medicare & Medicaid Services (CMS) is urging nursing homes to participate in free training to help nursing homes keep their residents safe during the COVID-19 pandemic.

CMS Targeted COVID-19 Training for Frontline Nursing Home Staff consists of five modules. Module 1 is Hand Hygiene and Personal Protective Equipment. Access the education at the following link: [External Content Player \(cms.gov\)](#)

CMS Targeted COVID-19 Training for Nursing Home Management consists of 10 Modules. Module 1 is Hand Hygiene and Personal Protective Equipment. Access the education at the following link: [External Content Player \(cms.gov\)](#)

Pause for Prevention



Front



Back





Personal Protective Equipment Competency Validation

Personal Protective Equipment (PPE) Competency Validation

Donning and Doffing

Standard Precautions and Transmission Based Precautions

Type of validation: Return demonstration	<input type="checkbox"/> Orientation
	<input type="checkbox"/> Annual
	<input type="checkbox"/> Other

Employee Name: _____ Job Title: _____

Donning PPE	Competent	
	YES	NO
1. Perform Hand Hygiene		
2. Don Gown: Fully covering torso from neck to knees, arms to end of wrists		
3. Tie/fasten in back of neck and waist		
4. Don Mask/Respirator: Secure ties/elastic bands at middle of head & neck		
5. Fit flexible band to nose bridge		
6. Fit snug to face and below chin (Fit-check respirator if applicable)		
7. Don Goggles or Face Shield: Place over face and eyes; adjust to fit		
8. Don Gloves: Extend to cover wrist of gown		
Doffing PPE		
9. Remove Gloves: Grasp outside of glove with opposite gloved hand; peel off		
10. Hold removed glove in gloved hand		
11. Slide fingers of ungloved hand under remaining glove at wrist		
12. Peel glove off over first glove		
13. Discard gloves in waste container		
14. Remove Goggles or Face Shield: Handle by head band or ear pieces		
15. Discard in designated receptacle if re-processed or in waste container		
16. Remove Gown: Unfasten ties/fastener		
17. Pull away from neck and shoulders, touching inside of gown only		
18. Turn gown inside out		
19. Fold or roll into bundle and discard		
20. Remove Mask/Respirator (respirator removed after exit room/closed door): Grasp bottom, then top ties or elastics and remove		
21. Discard in waste container		
22. Perform Hand Hygiene		

Standard Precautions & Transmission Based Precautions	Competent	
	YES	NO
23. Staff correctly identifies the appropriate PPE for the following scenarios:		
a. Standard Precautions (PPE to be worn based on anticipated level of exposure)*		
b. Contact/Contact Enteric Precautions (gown & gloves)		
c. Droplet Precautions (surgical mask)		
d. Airborne Precautions (fit-tested respirator if applicable)		

*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

_____/_____
Validator Signature Date