

Pause for Prevention

Module 3: Personal Protective Equipment (PPE)

Watch a short video to learn what PPE is and why it's so important:



Donning (putting on) personal protective equipment:



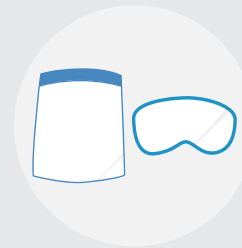
Perform Hand Hygiene



Put on Gown



Put on Mask or Respirator



Put on Goggles or Faceshield



Put on Gloves

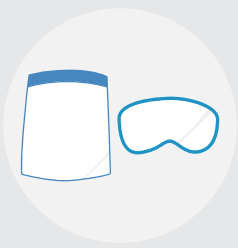
Doffing (removing) personal protective equipment:



Remove Gloves



Perform Hand Hygiene



Remove Goggles or Faceshield



Remove Gown



Remove Mask or Respirator



Perform Hand Hygiene

Scan the QR code to view information on donning, doffing and proper wearing, removal and disposal of PPE:



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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:

CMS Targeted COVID-19 Training for Frontline Nursing Home Staff consists of five modules. [Module 1 is Hand Hygiene and Personal Protective Equipment](#). Click the link or scan the QR code to access this module.



CMS Targeted COVID-19 Training for Nursing Home Management consists of 10 Modules. [Module 1 is Hand Hygiene and Personal Protective Equipment](#). Click the link or scan the QR code to access this module.



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
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Employee Name: _____ Job Title: _____

COMPETENT	YES	NO
Donning PPE:		
1. Perform Hand Hygiene		
2. Don Gown:		
<ul style="list-style-type: none"> • Fully covering torso from neck to knees, arms to end of wrists • Tie/fasten in back of neck and waist 		
3. Don Mask/Respirator:		
<ul style="list-style-type: none"> • 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:		
<ul style="list-style-type: none"> • Place over face and eyes; adjust to fit 		
5. Don Gloves:		
<ul style="list-style-type: none"> • Extend to cover wrist of gown 		
Doffing PPE: Example 1		
6. Remove Gloves:		
<ul style="list-style-type: none"> • 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:		
<ul style="list-style-type: none"> • Handle by head band or earpieces • Discard in designated receptacle if re-processed or in waste container 		
8. Remove Gown:		
<ul style="list-style-type: none"> • 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: (PPE to be worn based on anticipated level of exposure) *		
• Contact/Contact Enteric Precautions (gown & gloves)		
• Droplet Precautions (surgical mask)		
• 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