

# PPE Donning and Doffing Tips

## Gown

- Tie the gown in the back, not in the front, to reduce the chance of contaminating your hands when removing the gown
- Always cover your back with the gown and never leave it open to protect your clothing
- Never pre-tie the gown prior to donning as the fit will be too loose and clothing will not be protected
- If the gown drags on the floor or is accidentally stepped on, replace the gown
- Never reuse single use gowns; discard after every use
- Never rip or shake your gown off as this will contaminate the environment and yourself; untie slowly and roll down and away from your body
- Always roll your gown away from your body and not touching your clothes when doffing, as this will keep your clothing clean

## Mask

- Always perform hand hygiene before reaching into a box of masks so the remaining masks do not become contaminated
- Always handle your mask from the loops, never the front of the mask as the front is the most contaminated
- Remember to perform hand hygiene before and after adjusting your mask
- Always make sure your mask covers your nose and mouth and is on the right way (i.e., colour side out)
- Replace your mask after break, when it becomes wet or soiled or when it no longer has the correct fit
- If you have to twist the ear loops or there is a gap along the sides, find a smaller size mask as it is too big

## Eye Protection

- Handle eye protection from the back strap and not the front of the shield/goggles as the front is the most contaminated area
- If wearing a face shield, remember to have the shield vertical and not tilted or horizontal in order to cover mucous membranes of your face
- After wearing, discard single use eye protection or clean and disinfect reusable eye protection from the INSIDE to the OUTSIDE

## Gloves

- Always perform hand hygiene before reaching into a box of gloves so the remaining gloves do not become contaminated
- Make sure your gloves always fit over the cuff of the gown
- Select the correct size of gloves for your hands (not too big, not too small)
- Never double glove. More is not better
- Remember gloves are task specific and must never be worn universally
- Follow the glove to glove and skin to skin technique when removing gloves to reduce contamination of your hands
- Always perform hand hygiene before and after glove use as hands will become contaminated when taking gloves off

Follow the Public Health Ontario [Donning](#) and [Doffing](#) sequence when putting on and taking off your PPE