

Protect Yourself - Protect Others

Personal Protective Equipment

Putting it on in 5 easy steps

1. Hands

- Clean your hands with sanitizer or soap and water.

2. Gown

- Tie at top.
- Then tie at waist.
- Ensure the opening is in back and it covers your skin and clothes.



3. Mask

- Put on a procedure or surgical mask.
- Mold the metal to fit your nose.
- A fit check must be performed with each use.



Alternate: N95 respirator if indicated.

4. Eye Protection

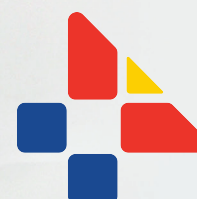
- Put on eye protection.



Alternate: Combo mask/eye shield.

5. Gloves

- Pull on gloves and ensure they cover the cuffs of your gown.



NL Health
Services

Newfoundland
Labrador

***Remove all PPE, with the exception of N95, before leaving patient room.**