

Donning PPE: N95 Respirators:

Thank you to the Greater New York Hospital Association for allowing the use of the following video.

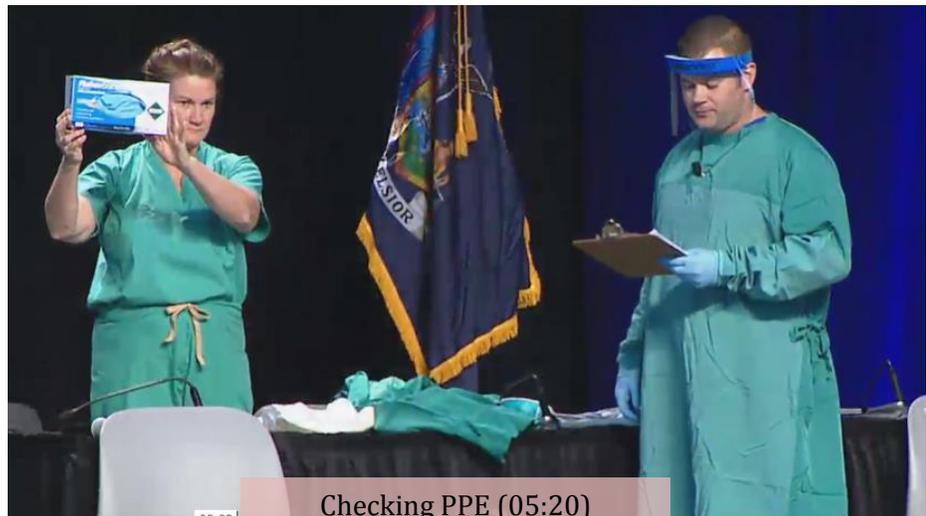
<http://www.gnyha.org/ebolatraining>

Please perform all steps in precise order.

- Remove ALL personal clothing / items; change into scrubs or disposable garments and washable footwear.

- Enter PPE donning area and engage trained observer.

- Lay out all necessary PPE in the order that it will be put on, ensuring that it is all available and without tears or cuts.
(Video: 05:20)



- Perform hand hygiene using an alcohol-based hand rub (ABHR). *(Video: 07:25)*



- Put on nitrile inner gloves. *(Video: 08:08)*

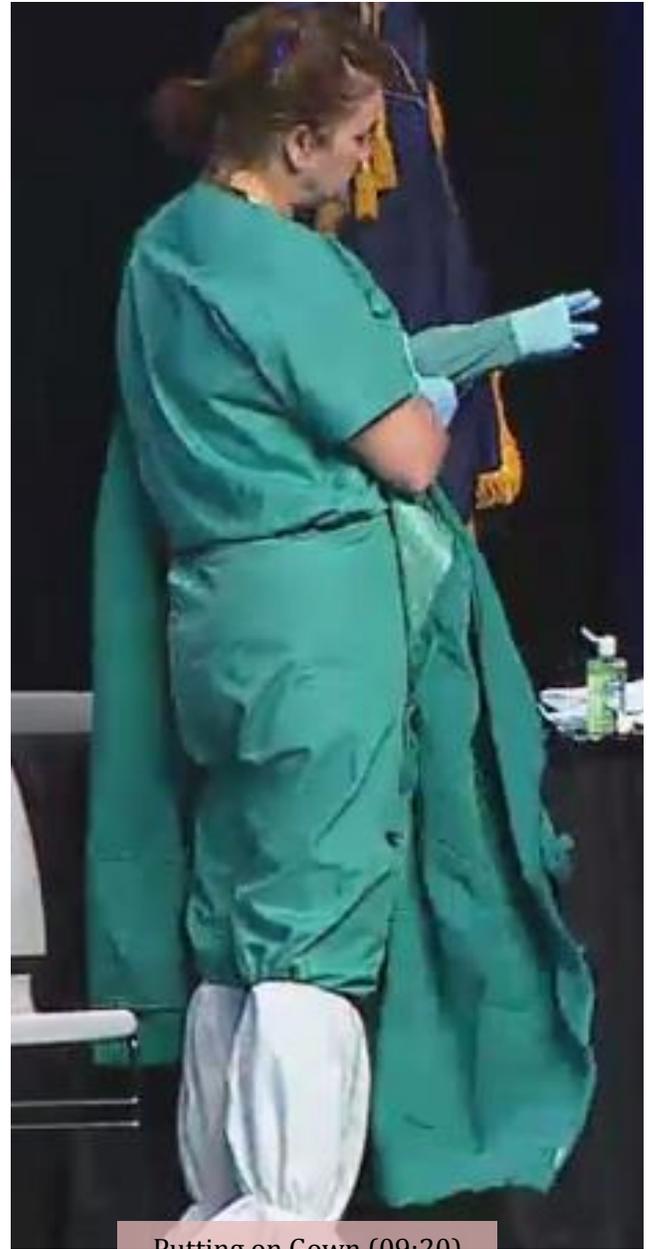


- Sitting on a clean chair, put on impermeable boot covers. *(Video: 08:30)*



❑ Put on impermeable gown.
(Video: 09:20)

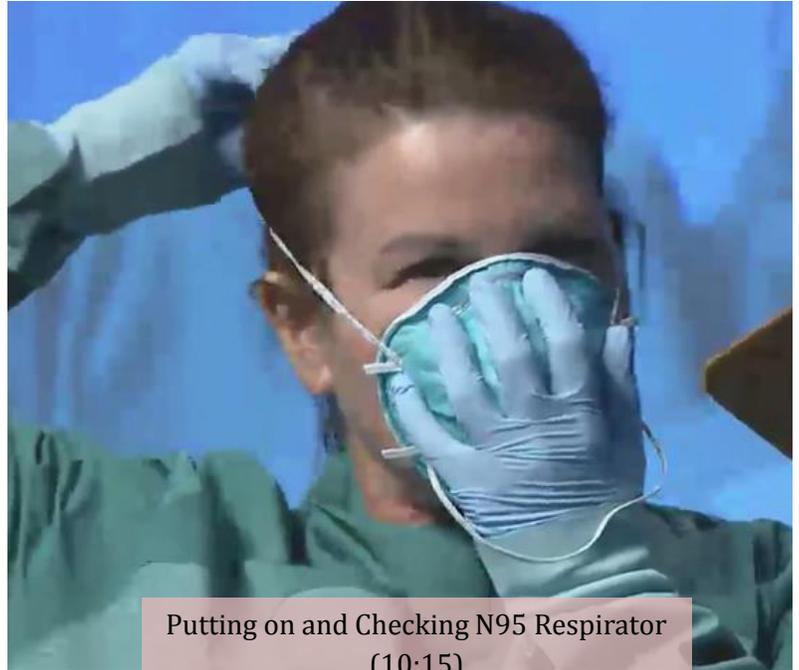
❑ Tuck cuffs of inner gloves **under** the sleeve of the gown. If the gown has thumb hooks, put gloved thumbs through the thumb holes at the end of each sleeve.



Putting on Gown (09:20)

○ Optional: If the gown does not have thumb hooks, apply tape to seal where sleeves and inner gloves meet.

- ❑ Put on N95 Respirator. Adjust to fit by shaping the nose piece to the nose, ensuring a tight seal. *(Video: 10:15)*



Putting on and Checking N95 Respirator
(10:15)

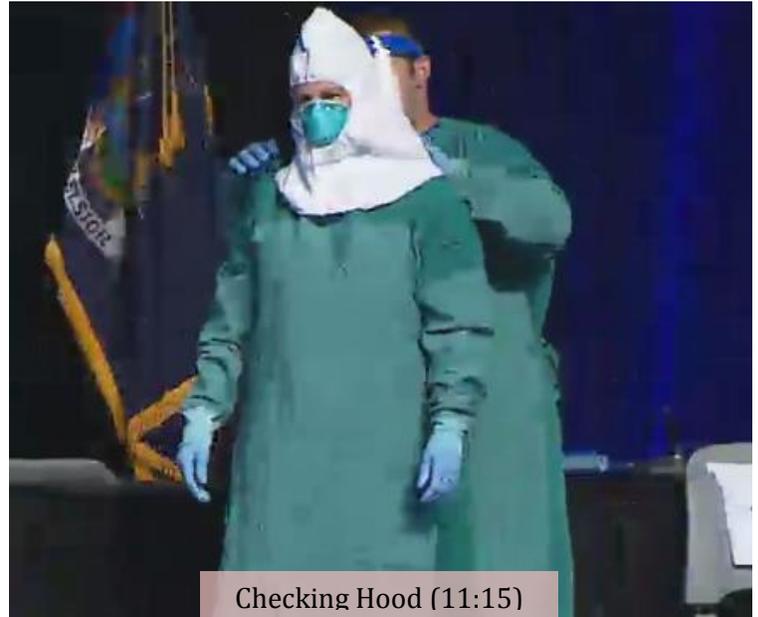
- ❑ Complete a user seal check on respirator by placing both hands over respirator and exhaling quickly and forcibly. If any air leak is felt, readjust and perform the seal check again.

- ❑ Put on surgical hood over respirator. *(Video: 10:50)*



Putting on Hood (10:50)

- ❑ Ensure that the hood fully covers neck, hair, and ears, extending to the shoulders. *(Video: 11:15)*



- ❑ If necessary, put on outer apron.

- ❑ Put on outer gloves – these should be a different color than the inner gloves, to allow any holes or tears to be easily seen, should also be made of nitrile, and should feature extended cuffs. *(Video: 11:35)*



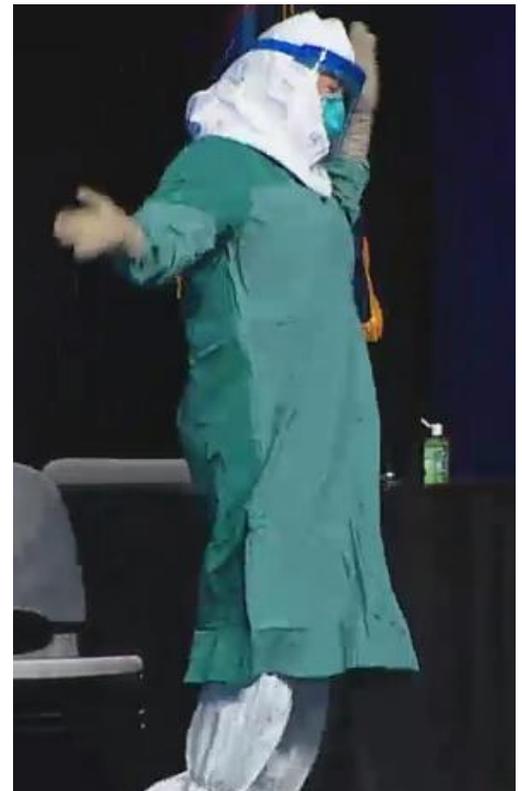
- ❑ Pull cuffs of outer gloves **over** the sleeves of the gown.

- Put on face shield.
(Video: 12:50)



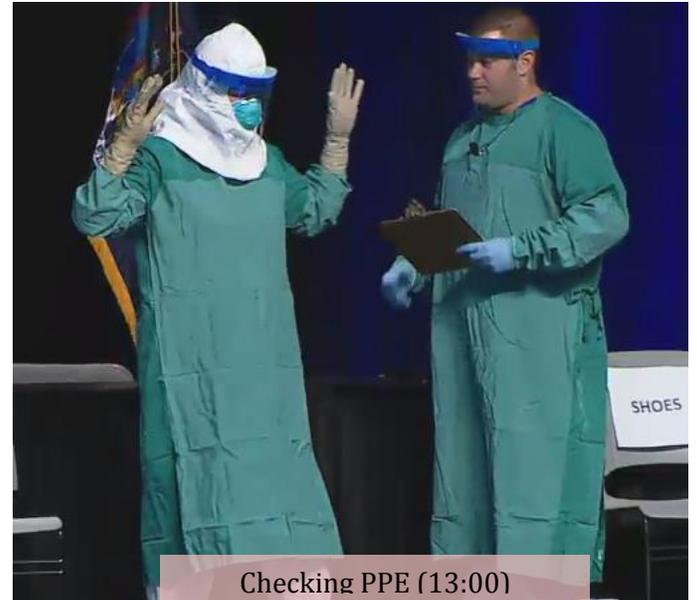
- Ensure that **no skin or hair** is visible on the healthcare worker. *(Video: 13:00)*

- Ensure full range of movement in PPE. The healthcare worker should be comfortable in the PPE, so that he or she will not need to make adjustments once they enter the patient's room.



Stretching to ensure comfort and movement (13:00)

- Review and verify integrity of PPE.



- Disinfect outer gloves with ABHR.



General notes for trainer: The person who dons the PPE in the video is already wearing scrubs and the individual does not mention that changing out of street clothes and into scrubs or other disposable garments is an important step. The video also does not mention putting on an apron over the gown. The Centers for Disease Control and Prevention (CDC) lists this as an optional step for healthcare workers who will be working with a lot of bodily fluids.