



# Expert in my pocket

## PERSONAL PROTECTIVE EQUIPMENT

### Personal Protective Equipment



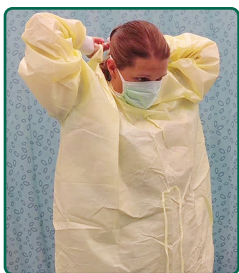
#### 1 Hand Hygiene

- Thoroughly wash hands with soap and running water for at least 40-60 seconds and towel dry.
- OR** use hand sanitiser rubbing for 20-30 seconds and allow to dry.



#### 2 Mask

- Place mask across bridge of nose.
- Tie upper ties behind head.
- Ensure bottom of mask is under chin and tie lower ties at nape of neck or on top of head.
- Pinch metal strip to ensure a tight fit over face.



#### 3 Gown

- Pick up and allow gown to unfold.
- Face opening of gown, grasp neckline and slide arms into sleeves.
- Tie upper ties around neck.
- Ensure own clothing is well covered by gown and tie lower ties around waist.



#### 4 Goggles

- Place over eyes, ensuring edge of mask is underneath goggles to prevent fogging.



#### 5 Gloves

- Minimise contamination of the surface that will be in contact with the patient.
- Ensure gloves cover cuffs of gown.

#### Background

Personal protective equipment is anything used by the health professional to minimise the risk of exposure to infectious agents. Alternatively the patient with low immunity needs to be protected against external transmission of infection. Specialised clothing (gown) and equipment (gloves, mask, goggles) provide a barrier between potentially infectious agents contained in body fluids, airborne droplets or spray contamination of the eyes and the person.

#### Equipment required

- Hand sanitiser OR soap, water and hand towel
- Face mask
- Gown
- Goggles
- Non-sterile gloves

#### References

Smith S, Duell D, Martin B. Clinical Nursing Skills: Basic to Advanced Skills. 8<sup>th</sup> ed. New Jersey: Pearson Education 2012.

Tollefson J. Clinical Psychomotor Skills: Assessment Tools for Nursing Students. 5<sup>th</sup> ed. Melbourne: Cengage Learning Australia; 2012.

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