Personal Protective Equipment

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.

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.

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.

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

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

References

Support for this project has been provided by the Australian Government Office for Learning and Teaching.

Please visit the website for more videos and additional information.
http://expertinmypocket.com.au