Donning Personal Protective Equipment (PPE)

HOW TO PUT ON PPE

1. Perform hand hygiene
   Use an alcohol based hand rub or wash hands with soap and water.

2. Put on gown
   Place the gown over your head, put your arms into the sleeves and secure the sleeve by putting your thumb or middle finger through the sleeve locating holes. Then ties the gown at the back of your waist using the attached ties.

3. Perform hand hygiene

4. Put on an KN95 or P2 mask
   Secure the loops on side of mask over your ears and ensure a comfortable fit. Adjust the flexible band to your nose bridge. Ensure the mask is fitted closely to your face and covers your nose and chin.
   Conduct a fit check. Always refer to the manufacturers’ instructions for fit checking of individual brands and types of respirators.

4. Perform hand hygiene

5. Put on protective eyewear
   Place protective eyewear over eyes and adjust to fit.

6. Perform hand hygiene

7. Put on gloves
   Extend to cover cuff of long-sleeved gown.

BE COVIDsafe - Safety First!
This Lifesaving Club is implementing COVIDSafe practices. Please follow instructions provided to ensure we keep members and visitors safe.

Adapted from Department of Health and Human Safety Victoria, “How to put on (don) and take off (doff) your personal protective equipment (PPE),” 2020. https://www.dhhs.vic.gov.au