Sequence for putting on personal protective equipment (PPE)

Gather all PPE supplies, check correct size for fit,
Remove all personal items (jewellery, watches, wedding ring, cell/mobile phone)
Ensure you have a Supervisor/buddy or mirror
Perform hand hygiene using soap and water (40-60 seconds) or alcohol based hand rub (20-30 seconds)

1. Gown
   - Long sleeves down to wrist
   - Length of gown to knees
   - Ties at back of neck and waist

2. Mask or Respirator
   a. If wearing a medical mask
      i. Place mask over nose and mouth and below chin
   b. If wearing a respirator mask for aerosol generating procedure
      i. Place mask over nose and mouth
      ii. Pull elastic bands over head - upper band above ear line, lower band below ear line
      iii. Fit check by moulding nose strip over bridge of nose with finger tips of both hands to get a snug fit

3. Goggles or Eyeshield
   - Put on goggles or eyeshield

4. Gloves
   - Put gloves on
   - Pull over wrist of isolation gown

Safety precautions
- PPE needs to be the appropriate size for the person
- Avoid adjusting PPE once you enter isolation area
- Avoid touching your face
- Minimise contact with environmental surfaces

Developed based upon infection control guidance from the World Health Organization.