

Personal Protective Equipment

- Only administer care with 'Universal Precaution' PPE immediately available or don it at the first sign of an issue or suspicion.
- Dedicate a permanent pocket of uniform and a pocket of your medical kit to hold impervious gowns, face shields, eye, hair and N-95 respiratory (or higher equivalent) PPE – so it is immediately available ~ for unexpected scenarios.
- When in doubt, don your N-95. Guard your own respiratory tract from exposure to dusts and powders.
- Rehearse and practice safe doffing and donning techniques. Good infection control skill sets greatly help reduce exposure risks to opioids and chemicals.
- Know your Emergency Decon protocols. Post them in your unit as a quick reference document.
- Transport only to a well notified destination hospital. They may have to get into PPE too. Call ahead!
- Layer your work wear for emergency doffing or 'bug out' situations. Remember that 80-90% of external contamination is eliminated with doffing alone. Practice emergency doffing and decon.
- Fit test your PPE annually, be comfortable in your PPE and you will be able to trust your PPE.