

Sample PPE guidelines

1. Types of PPE

The type of PPE to be used will vary according to the setting and work activity, medical risk factors in relation to Vulnerable Workers and should follow from the employer's risk assessment. The table below provides a generic guideline but does not replace the employer's obligations to perform a risk assessment and make its own determination regarding the appropriate PPE to be used by a worker.

TYPE OF PRODUCT	TYPE	ADDITIONAL SPECIFICATIONS
Masks	Surgical mask	<ul style="list-style-type: none"> • Good breathability, internal and external faces should be clearly identified • Type II or higher
	Particulate respirator	<ul style="list-style-type: none"> • FFP2 / P2 / N95 / KN95 or higher
Gowns	Plastic Apron	
	Disposable gown (no hood). Can choose cotton gowns to be reusable if laundry in place- if not disposable.	<ul style="list-style-type: none"> • Straight apron with bib, • Fabric: 100% polyester with PVC coating, or 100% PVC, or 100% rubber, or other fluid-resistant coated material. • Waterproof, sewn strap for neck and back fastening • Minimum weight: 300 g/m² • Covering size: 7090 cm (width) x 120–150 cm (height) • Reusable (provided appropriate arrangements for decontamination are in place)
	Disposable gown with hood - water resistant	<ul style="list-style-type: none"> • Tyvek type suit or similar
Face protectors	Goggles	<ul style="list-style-type: none"> • Good seal with the skin of the face, flexible PVC frame to easily fit all face contours with even pressure, enclose eyes and the surrounding areas, accommodate wearers with prescription glasses; • Clear plastic lens with fog- and scratch-resistant treatments;

TYPE OF PRODUCT	TYPE	ADDITIONAL SPECIFICATIONS
Gloves		<ul style="list-style-type: none"> Adjustable band to secure firmly so as not to become loose during clinical activity; Indirect venting to avoid fogging. May be re-usable (provided appropriate arrangements for decontamination are in place) or disposable.
	Face shields	<ul style="list-style-type: none"> Made of clear plastic and providing good visibility to both the wearer and the patient. Adjustable band to attach firmly around the head and fit snugly against the forehead, fog-resistant (preferable). Completely covers the sides and length of the face. May be re-usable (made of robust material which can be cleaned and disinfected) or disposable.
	Clinical staff: Gloves, examination, nitrile, powder-free, non-sterile, single-use	<ul style="list-style-type: none"> Gloves should have long cuffs, reaching well above the wrist, ideally to mid-forearm. Sizes: small, medium, large
	Gloves for cleaning staff	<ul style="list-style-type: none"> Reusable long rubber utility cleaning gloves (ideally up to elbow)
Footwear	Closed work shoes	<ul style="list-style-type: none"> Can do gumboots as required
	Disposable overshoes cover	
Head covering	Disposable head covers	
Cleaning	Sodium hypochlorite – liquid bleach	
	NaDCC (sodium dichloroisocyanurate) – powder	
	70% alcohol (for disinfection of equipment)	

2. PPE Considerations

TYPE OF PPE	Clinical Staff Providing Direct Care to Covid-19 Patients or Patients With Respiratory Symptoms (e.g. nurses, doctors, EMS)	Non-Clinical Staff Coming into Distant Contact with Covid-19 Patients and Contaminated Surfaces (e.g. admin staff, catering staff)	Non-Clinical Staff Coming into Distant Contact with Covid-19 Patients And Contaminated Surfaces (e.g. cleaners)	Patients with Respiratory Symptoms	Patients without Respiratory Symptoms
Gloves	<ul style="list-style-type: none"> Non-sterile gloves changed between patients 	<ul style="list-style-type: none"> Non-sterile gloves changed when leaving COVID-19 area 	<ul style="list-style-type: none"> Reusable long rubber utility cleaning gloves (ideally up to the elbow) changed after completed cleaning contaminated area 	None	None
Face cover	<ul style="list-style-type: none"> Surgical mask for general care of COVID-19 patients. N95 respirator for aerosol generating procedures on COVID-19 suspects/cases 	<ul style="list-style-type: none"> Surgical mask within less than 1 meter of a patient with respiratory symptoms (one per shift, if integrity is maintained) 	<ul style="list-style-type: none"> Surgical mask within less than 1 meter of a patient with respiratory symptoms 	<ul style="list-style-type: none"> Surgical mask worn when in contact with others 	None
Aprons	<ul style="list-style-type: none"> Change when visibly contaminated. Discard after aerosol procedure 	<ul style="list-style-type: none"> Change when leaving COVID-19 area 	<ul style="list-style-type: none"> After each work session (in absence of clinical contact) 	None	None
Face shields/visors/goggles/other eye covers	<ul style="list-style-type: none"> Wash clean, disinfect and reuse 	None	<ul style="list-style-type: none"> Wash clean, disinfect and reuse 	None	None

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (DONNING)

Wash your hands before putting on the PPE. PPE should be put on in an order that minimises contamination. The apron, mask, goggles and gloves must be put on in that order. See guidance on each below.

Apron

- **Wash hands**
- Slip it over the head and tie the strings behind the back



Mask or N95 Respirator

- Secure each tie or elastic at the middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator by blowing into it (air should not leak out)



Goggles or Visor

- Place over face and eyes
- Adjust band to fit comfortably



Gloves

- Hold the edge of the glove as you pull it over your hand
- Extend to cover wrist
- Once gloved, do not touch other surfaces

SEQUENCE FOR TAKING OFF PERSONAL PROTECTIVE EQUIPMENT (DOFFING)

Wash your hands before taking off the PPE. PPE should be removed in an order that minimises contamination. The gloves, apron, goggles/visor, and mask must be removed in that order.* **Wash your hands after taking off the PPE.** Discard PPE in infectious waste container. See guidance below.

Gloves

- **Wash hands**
- Securely grasp the outside of glove with the opposite gloved hand; peel off; discard as infectious waste
- Slide the fingers of the un-gloved hand under the remaining glove at the wrist; peel off; discard as infectious waste



Apron or Gown* (See Note)

- **Wash hands**
- Unfasten or break apron/gown ties
- Pull the apron away from the neck and shoulders, touching the inside of the apron only and bring it forward and over the head
- Turn the apron inside out, fold or roll into a bundle and discard as infectious waste



Goggles or Visor (See Note)

- Remove goggles/visor from the back by lifting head band or ear pieces
- Place in designated receptacle for disinfecting



Mask or N95 Respirator

- Untie or break bottom ties, followed by top ties or elastic.
- Remove by handling the ties only and discard as infectious waste.
- **Wash hands**



***Note.** When it is practically difficult to remove the apron/gown before the visor/goggles, then the visor/goggles may be removed before the apron/gown.