# How to put on your PPE (donning)

SEQUENCE FOR PUTTING ON PPE

Put on PPE before patient contact and generally before entering the patient room

HAND HYGIENE

- Wash hands or use an alcohol based hand rub.

OR
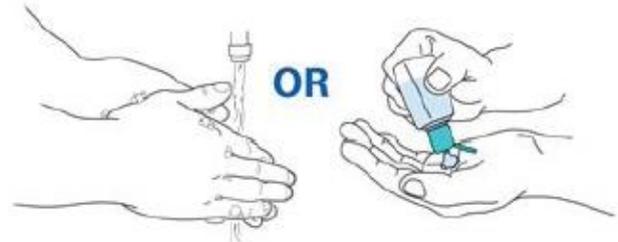
GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back.
- Fasten at the back of neck and waist.
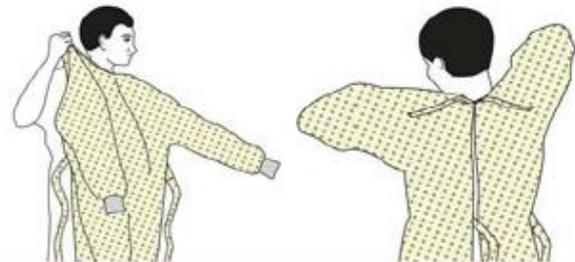
MASK

- Secure ties or elastic bands at middle of head and neck.

PROTECTIVE EYEWEAR OR FACE SHIELD

- Place over face and eyes and adjust to fit.
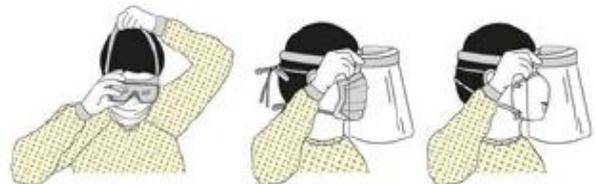
GLOVES

- Extend to cover wrist of isolation gown.
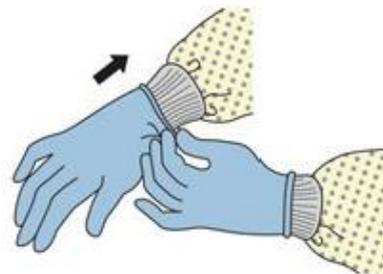
Reference: NHMRC Australian Guidelines for the Prevention and Control of Infection in Healthcare (2019)