



# Donning and Doffing PPE

## Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
✓			✓	✓	✓	✓

### Steps

Ensure you are always wearing proper PPE before performing the skill.

#### DONNING PPE

1. Wash your hands.
2. Put on your gown.
3. Put on your mask.
4. Put on your protective eyewear.
5. Put on your disposable gloves.

#### DOFFING PPE

1. Remove your disposable gloves:
  - With one hand, pin the glove at the wrist of your other hand, being careful to touch only the glove's outer surface.
  - Pull the glove down and off your hand.
  - Form the removed glove into a ball and hold it in the palm of your gloved hand.
  - Insert your gloveless fingers under the rim of the glove of your other hand, near your wrist.
  - Pull the glove down and off the hand. The glove will turn inside out and trap the balled glove inside.
2. Remove your gown.
3. Wash your hands.
4. Remove your protective eyewear.
5. Remove your mask.
6. Wash your hands.

Organizational/local protocol for \_\_\_\_\_ :

#### Skill Notes

- After removing your gloves, discard them appropriately.
- Wash your hands properly with soap and water for at least 30 seconds.