

Sequence for Putting on Personal Protective Equipment (PPE)

1



GOWN

- Place the gown over your clothing and ensure it fully covers your torso from neck to knees, arms to the end of wrists, and wraps around your back.
- Fasten the gown securely behind your neck and waist.



2



MASK OR RESPIRATOR

- Secure the ties or elastic bands at the middle of your head and neck.
- Fit the flexible band to your nose bridge, and make sure it's snug to your face and below your chin.
- If wearing a respirator, it should be fit-checked.



3



GOGGLES OR FACESHIELD

- Place them over your face and adjust to fit.



4



GLOVES

- Gloves are often the last item to be put on.
- Select the correct size and type of glove.
- Extend them to cover the wrist of your isolation gown.