

PPE - Properly Wear & Remove

To protect yourself, use the following steps to put on and take off personal protective equipment.

HOW TO PUT ON GLOVES



1. Remove jewelry and wash hands with soap and water for 20 seconds, immediately prior to putting on gloves.

Be sure to inspect gloves for any rips or tears before donning. If damage does occur while in use, remove gloves immediately and dispose of them, wash hands and put on a new pair.



2. Put on gloves, pulling them all the way over your wrists. If you are wearing a long-sleeve shirt, the cuffs of the shirt should be inside the gloves.

HOW TO TAKE OFF GLOVES



1. Grasp the outside of one glove at the wrist and peel the glove away from your body, pulling it inside out.

DO NOT touch your bare skin.



2. Hold the glove that you just removed in your other gloved hand.



3. Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



4. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



5. Dispose of used gloves immediately and safely.

DO NOT wash, reuse or share gloves.



6. Wash your hands with soap and water for 20 seconds immediately after removing mask/gloves.

HOW TO PUT ON MASKS

1. Place the mask on your face. It should FULLY COVER your nose, mouth and chin with the colored side facing out.



DO NOT touch your bare skin.

2. With clean/gloved hands, loop to straps around your head or over your ears.



DO NOT touch your bare skin.

3. Use two fingers to pinch the concealed metal wire so that it presses gently and fits to the bridge of your nose.



DO NOT touch your bare skin.

HOW TO TAKE OFF MASKS

1. Remove a used mask by holding ONLY the loops/straps and pulling them far over your head/ears.



DO NOT touch your bare skin.

2. Wash your hands with soap and water for 20 seconds immediately after removing mask/gloves.



WAIT! Don't Contaminate!

To prevent the spread of illness, remember to remove gloves before touching clean surfaces, such as: Doors, Doorknobs, Faucets, Phones

Refrain from touching your face at all times.