Donning Your PPE for a High Output Ebola Patient
Personal Protective Equipment (PPE) Definition

“specialized clothing or equipment worn by an employee for protection against infectious materials” (OSHA)
STEP 1:
Use restroom if needed

Remove all jewelry, clothing, and undergarments

Ensure that fingernails are trimmed, hair is pulled back and secured in a low ponytail or bun, remove excess facial hair.
STEP 2

Put on disposable undergarments and scrubs

Put on disposable footwear. Make sure to tuck the legs of the scrubs into the top of the footwear.
STEP 3
Proceed to the appropriate clean zone and find Donning and Doffing Expert
STEP 4
Take and record vital signs
• Heart Rate
• Blood Pressure
• Temperature

If you have a temperature higher than 100.4, please notify supervisor. Do not proceed.
STEP 5

Hydrate
STEP 6

Wash hands and inspect for wounds, cuts, and scrapes

If you have any wounds, cuts or scrapes you should **NOT** be part of care team.
STEP 7
While seated, apply clear plastic boot covers
STEP 8

Apply blue surgical mid-calf boot covers
STEP 9

Obtain battery belt and battery from CAPR supply cart.

Put on CAPR battery belt and clip charged battery on Left side of belt.
STEP 10

Check battery and helmet

Connect the helmet battery cord to the battery

• You should see 3 green lights indicating fully charged battery
• If not, obtain new battery and repeat check
STEP 11
Obtain appropriate size CAPR hood from cart
• S/M
• M/L

Remove hood from package and unfold with the three snaps facing you
STEP 12
Snap hood to helmet

- Hold hood with non-dominant arm with the blue filter facing up and the front of the helmet facing outward
- Hold the hood by one outside snap and press against lower snap on the side of the helmet
- Snap the middle snap
- Snap the last outside snap
STEP 13

• Find black pull tab on the top of the hood

• Pull hood over the blue filter toward the back of the helmet

• Attach black pull tab to lower snap on the back of the helmet
STEP 14

• Pull soft lens cuff away from inside of hood lens
• Ensure white tabs at the top of the lens cuff are pulled away from the lens and resting on the white foam on both sides
• Be careful not to tear or damage the soft lens cuff
STEP 15

- Disconnect the helmet from the battery and set aside for now
- Perform hand hygiene with an alcohol-based hand rub (ABHR) and let dry
STEP 16

• Put on long green inner gloves
STEP 17

• Put on Tychem suit and zip halfway.
• Ensure the cuffs of the Tychem suit cover the opening of the gloves. Ensure the following:
  • The yellow hood of the Tychem suit is tucked inside the suit (DE to assist)
  • Legs of the suit stop at the ankle and blue surgical mid-calf boot covers
STEP 18

• Place clear apron on over Tychem suit
STEP 19

- Apply long blue outer gloves over the green inner gloves ensuring Tychem cuffs are covered without any gaps or exposed openings.
STEP 20

• Prepare to put on helmet
  • Run battery cord behind apron, into Tychem suit, and connect to battery
  • Pull excess cord down inside Tychem suit and fully zip the suit, making sure to lock zipper in place.
STEP 21

- Place chin in elastic lens cover and place helmet on head
- Adjust for comfort
  - Tighten headband by turning adjustment knob clockwise
STEP 22

- Pull hood down fully around shoulders (DE to assist)
- Tie the lower torso and neck ties securely
STEP 23

- Move around in the suit to ensure the PPE is properly secured. Perform final inspection before entering the patient care area.
  - (DE) Inspect for tears or any breach in PPE
- Sign log book, record time, and enter patient care area