



<input type="checkbox"/> ADMINISTRATE POLICY & PROCEDURE (APP)		<input type="checkbox"/> INSTITUTIONAL POLICY & PROCEDURE (IPP) <input type="checkbox"/> INTERDEPARTMENTAL <input type="checkbox"/> INTERNAL	
TITLE		POLICY NUMBER/V#	
Personal Protective Equipment		MMC – LAB – 03 (01)	
INITIATED DATE	EFFECTIVE DATE	REVISED DATE	
02/08/2025	01/09/2025	01/08/2028	
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N\A		07	
APPLIES TO		RESPONSIBILITY	
All Healthcare workers		All Healthcare workers	

1. Policy

- 1.1. Personal protective attire will be worn during procedures when splashing, spraying, or contact with blood or body fluids is anticipated.

2. Purpose

- 2.1. To identify personal protective attire and when, where and how it shall be worn and removed.
To reduce the risk of transmission of infectious microorganisms to patient visitors and staff.

3. Definition

- 3.1. Personal protective equipment (PPE) refers to a variety of barriers (gloves, gowns face protection, masks and N95 particulate respirators), used alone or in combination to protect mucous membranes, skin, and clothing from contact with infectious agents.
- 3.2. The selection of PPE is based on the nature of the patient interaction and/or the likely mode(s) of transmission (e.g. Contact, Droplet or Airborne).



4. Affected department

All patient areas and departments that use PPE.

5. Procedures

PERSONAL PROTECTIVE EQUIPMENT (PPE)

5.1. DONNING PPE

- The type of PPE used will vary based on the level of precautions required, e.g., Standard and Contact, Droplet, or Airborne Isolation Precautions.

❖ PERFORM HAND HYGIENE

5.1.1. *GOWN and APRON*

- 5.1.1.1 Fully cover torso from neck to knees, arms to end of wrist, and wrap around the back



- 5.1.1.2 Fasten in back at neck and waist

- 5.1.1.3 Disposable plastic apron used for procedure that are likely to generate splashing and prevent soiling of clothing.



- 5.1.1.4 Heavy duty aprons can be reused and disinfected by washing with warm water and detergent, dried, and wipe with 70% alcohol.





5.1.2. SURGICAL MASK

- 5.1.2.1 Secure ties or elastic band at g middle of head and neck
- 5.1.2.2 Fit flexible band to nose bridge
- 5.1.2.3 Fit snugly to face and below chin



5.1.3. To don a N95 particulate respirator (mask)

- 5.1.3.1 Select a N95 mask according to your fit test result which written in test verification card. It is available in different adult sizes and models.
- 5.1.3.2 Hold the mask in your hand and place it firmly over your nose, mouth, and chin.
- 5.1.3.3 First, stretch and position bottom band under your ears, then stretch and position top band high at the back of your head.
- 5.1.3.4 Press the thin metal wire along the upper edge gently against the bridge of your nose so that it fits nicely on your face.
- 5.1.3.5 Perform a fit check by breathing in and out. While breathing out, check for air leakage around your face.
 - Inhale** – respirator should collapse
 - Exhale** – check for leakage around face.
- 5.1.3.6 N95 masks are used by staff during direct care of patients on airborne precautions and are available on all units likely to admit patients on airborne precautions.
- 5.1.3.7 N95 mask must be used for 1 patient by the same nurse in 1 shift according to manufacturer instructions. It must be kept in a clean plastic with name of the user, date and time label outside.
- 5.1.3.8 It must be discarded after the shift of the user and when wet or contaminated (like patient under airborne and contact precautions).



5.1.4. GOGGLES/FACE SHIELD

- 5.1.4.1 Put over face and eyes and adjust to fit



5.1.5. GLOVES

- 5.1.5.1 Don gloves last
5.1.5.2 Extend to cover wrist of isolation gown
5.1.5.3 Keep hands away from face.



5.1.5.1. STERILE GLOVES:

- 5.1.5.1.1 Expose both gloves by folding back the edges of the inner wrapper.
5.1.5.1.2 Using the thumb and the first two fingers of the non-dominant hand, grasp the folded edge of the glove cuff for the dominant hand, touching only the inside surface of the glove.
5.1.5.1.3 Stepping away from the sterile field, carefully pull the glove over the dominant hand. Avoid skin contact with the outside surface of the glove.
5.1.5.1.4 Using the gloved hand, slide the fingers under the cuff of the second glove.
5.1.5.1.5 Stepping away from the sterile field, pull the second glove over the non-dominant hand, keeping the cuff folded over the glove.
5.1.5.1.6 Adjust the gloves as necessary.

5.2. REMOVING PPE

- 5.2.1. Remove **gloves** (gloves to gloves and skin to skin technique) then hand rubbing. Remove **Gown**, remove face shield before leaving patient room. Remove mask in anteroom. If the room has no anteroom, remove all PPE immediately after leaving the patient room
- 5.2.2. If wearing a N95 particulate respirator remove it in the anteroom or outside the patient room.
- 5.2.3. Remove gloves first
- 5.2.3.1. Outside of gloves are contaminated!



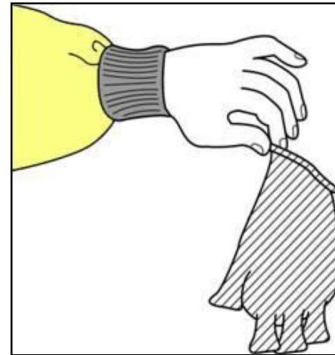
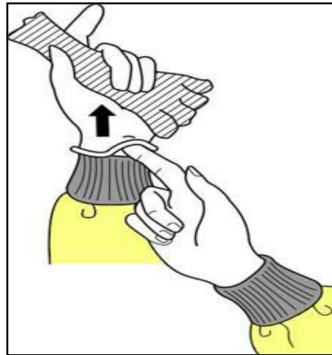
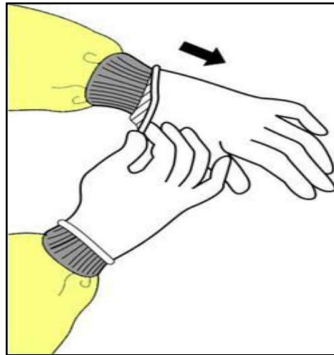
5.2.3.2. Grasp outside of glove with opposite gloved hand; peel off (use glove-to-glove, skin-to-skin technique)

5.2.3.3. Hold removed glove in gloved hand

5.2.3.4. Slide fingers of ungloved hand under remaining glove at wrist

5.2.3.5. Discard in medical waste container.

❖ **CLEAN HANDS FOR 20 – 30 SECONDS**



5.2.4. **Remove gown**

5.2.4.1. Gown front and sleeves are contaminated!

5.2.4.2. Unfasten neck and waist ties

5.2.4.3. Remove gown gently using a peeling motion; pull gown from each shoulder toward the same hand

5.2.4.4. Gown will turn inside out

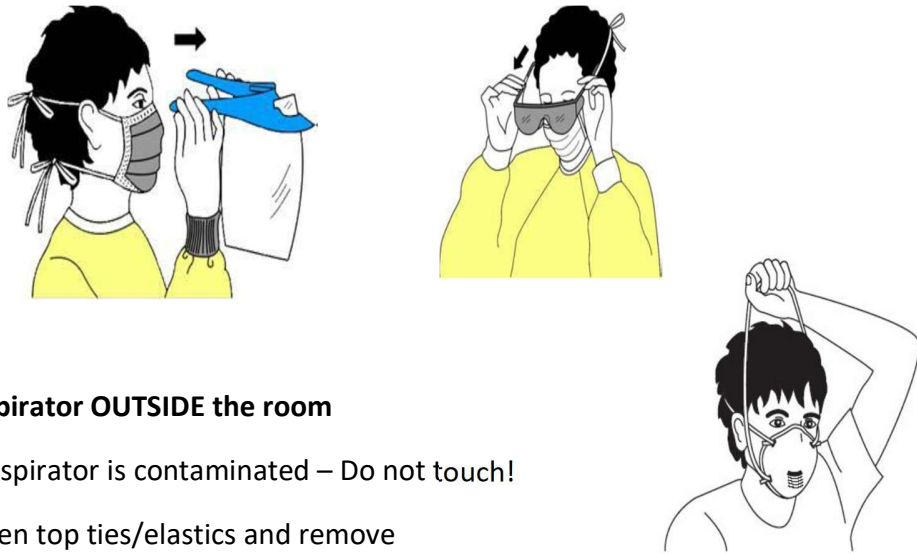
5.2.4.5. Hold removed gown away from body roll into a bundle and place into medical waste.





5.3. Remove goggles/face shield

- 5.3.1. Outside of goggles or face shield are contaminated!
- 5.3.2. To remove, handle by “clean” head band or ear pieces
- 5.3.3. Place in designated receptacle for reprocessing or in waste container or clean reusable goggles at point of use.



5.4. Remove mask or respirator OUTSIDE the room

- 5.4.1. Front of mask/respirator is contaminated – Do not touch!
- 5.4.2. Grasp bottom then top ties/elastics and remove
- 5.4.3. Prevent contact of mask with uniform
- 5.4.4. Discard in medical waste container.

5.5. Perform hand hygiene immediately after removing all PPE.

Note: If hands become visibly contaminated during PPE removal, clean hands before continuing to remove PPE

6. Responsibilities

- 6.1. All Healthcare workers.

7. References

CDC, Draft Guideline for Isolation Precautions: Preventing Transmission of Infectious Agent in Healthcare Settings, 2004

GCC Infection Prevention and Control Manual, 2nd Edition.

KINGDOM OF SAUDI ARABIA

Ministry Of Health

General directorate of Health Affairs AL-Baha

Mayyara General Medical Complex



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