

# PROTECT YOURSELF!

## Personal Protective Equipment (P.P.E)

### What is PPE?

PPE is equipment which protects you from patients' blood, body fluids, secretions or excretions. Examples of PPE include gloves, aprons, eye and face protection.<sup>2</sup>



### Why wear PPE?

PPE is important as it protects the patient and yourself from the transmission of harmful microorganisms, such as norovirus, MRSA, E.coli, etc.<sup>2</sup>

#### Masks & Goggles

- Masks and goggles must be worn where there is a risk of blood, body fluids, secretions or excretions splashing into the face and eyes.
- Respiratory protective equipment, for example a particulate filter mask, must be used when clinically indicated, but are rarely required in social care.<sup>1</sup>

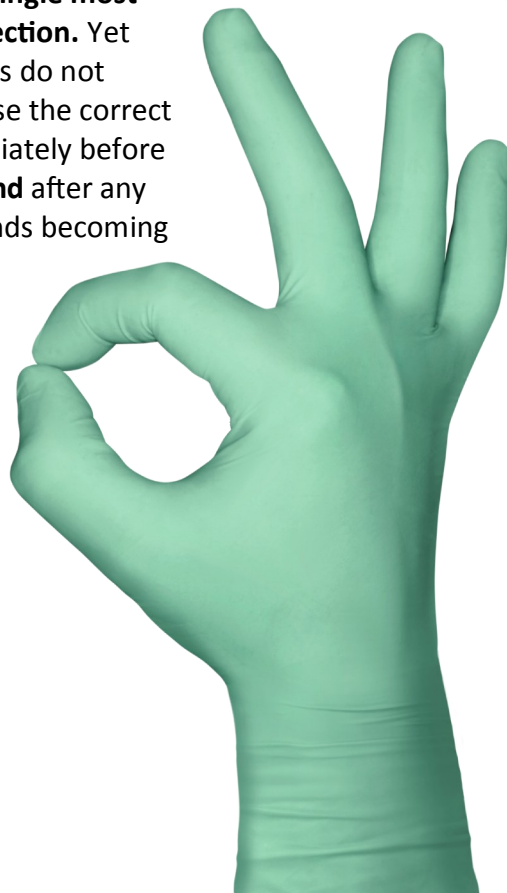
#### Gloves

- Gloves must be worn for invasive procedures, contact with sterile areas, open skin or mucous membranes, and all activities that have been assessed as carrying a risk of exposure to blood, body fluids, secretions or excretions, or to sharp or contaminated equipment.
- Gloves must be worn as single-use items. They must be put on immediately before an episode of patient contact or treatment and removed as soon as the activity is completed. Gloves must be changed between caring for different patients, and between different care or treatment activities for the same patient.<sup>1</sup>

#### Aprons

- A disposable plastic apron must be worn if there is a risk that clothing may be exposed to blood, body fluids, secretions or excretions.
- Disposable plastic aprons must be worn as single-use items, for one procedure or one episode of direct patient care and then disposed of correctly.<sup>1</sup>

**Hand hygiene is widely acknowledged to be the single most important activity for reducing the spread of infection.** Yet evidence suggests that many healthcare workers do not decontaminate their hands when they need to nor use the correct technique. Hand hygiene must be performed immediately before each and every episode of direct patient contact **and** after any activity or contact that could potentially result in hands becoming contaminated.<sup>2</sup>



How to  
**PUT**  
**ON**  
your  
**PPE**

**DON'T** (Decontaminate)  
**ASK** (Apron)  
**MY** (Mask)  
**GREAT** (Goggles)  
**GRANDMA** (Gloves)

**GO** (Gloves)  
**AND** (Apron)  
**GET** (Goggles)  
**MY** (Mask)  
**DOG** (Decontaminate)

How to  
**TAKE**  
**OFF**  
your  
**PPE**

1. Department of Health and Health. (2013). *Prevention and control of infection in care homes super - an information resource*. London, United Kingdom: Department of Health.

2. National Institute for Health and Care Excellence. (2017). *Healthcare-associated infections: prevention and control in primary and community care*. London, United Kingdom: National Institute for Health and Care Excellence.