



Personal Protective Equipment (PPE) Best Practices

Identifying and utilizing Personal Protective Equipment (PPE) during pandemics is a necessary practice. See below for guidelines on utilization.

- Personal Protective Equipment (PPE). Now that you have taken the mindset of universal precautions, it is important to choose appropriate Personal Protective Equipment (PPE). Remember that PPE must provide a barrier of protection between you and the germs as well as exposure to any potential adverse effects of the disinfectant chemical. PPE should include hand protection, eye protection and respiratory protection. A good resource is to follow the disinfectant chemical's Safety Data Sheet for recommended PPE for your protection against skin irritation (burns or dermatitis), eye injury and respiratory illness due to the vapors of the disinfectant. Chemical goggles, having an adjustable elastic band and worn tightly, are recommended.
 - Assume PPE is contaminated with the virus when you prepare to remove it from your person and permanently discard it. Page #6 of CM Regent Insurance Company's Summer 2019 Risk Manager shows how to safely remove contaminated gloves. [CM Regent Insurance Company's Summer 2019 Risk Manager](#)
 - Wash hands for 20 seconds immediately after removal of gloves. Be sure to decontaminate anything for reuse, such as your goggle frames/lenses/elastic headband. Decontaminate equipment touch-surfaces, including mop handles, brooms and bucket handles.
- N-95 Respirators: Note that an N-95 respirator/mask, when fitted properly, will block 95% of test particles (.3 micron). Facial hair can impede the seal of the respirator to your face and reduce the effectiveness of the respirator. Stretched or worn rubber bands/elastics can prevent the respirator from adhering tightly to your face, thereby affording less protection.
- PPE Guidelines
 - Use new PPE whenever possible.
 - Never share PPE.
 - N-95 respirators must be fit tested to work properly.
 - PPE should be disinfected after use when applicable.
 - Wash hands after removing PPE.
 - Any shared equipment must be disinfected.
 - Areas around where PPE is stored should also be disinfected regularly.

