

The Facts



OCCUPATIONAL AND ENVIRONMENTAL SAFETY

On Safely Donning and Doffing Respirators

It is always important to properly don and doff respirators. Doing so will reduce the chances of cross contamination. Always don and doff PPE in a non-contaminated area. This fact sheet outlines the best practices for donning and doffing respirators and removal of nitrile gloves.

Donning Respirators

- Sanitize hands.
 - Wash hands with warm water and soap for 30 seconds.
 - Use hand sanitizer with at least 70% alcohol concentration.
- Don respirator and perform seal check.
- Don face shield if using N95 respirator.
- Don nitrile gloves.

How to Properly Remove Nitrile Gloves

1. Pinch and hold the **outside** of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside out.
3. Pull the glove away until it is removed from the hand and **hold the inside-out glove with the gloved hand**.
4. With your un-gloved hand, slide your finger/s **under the wrist** of the remaining glove, **making sure not to touch the outside of the glove**.
5. Again, peel downwards, away from the wrist, turning the glove inside out.
6. Continue to pull the glove down and over the inside-out glove being held in your gloved hand.
7. This will ensure that both gloves are inside out, with no contaminant on the bare hands.

Doffing Respirators

- Properly remove nitrile gloves.
- Dispose of gloves.
- Sanitize hands.
- Don new nitrile gloves.
- Remove and sanitize face shield with alcohol wipes.
- Properly remove and dispose of nitrile gloves.
- Don new nitrile gloves.
- Remove respirator.
 - Place N95 in a storage bag or approved container.
 - Half/Full Face Respirator
 - Handle by straps.
 - Sanitize exterior rubber/plastic parts
 - Place into storage bag or container.
- Properly remove and dispose of gloves.
- Sanitize hands.



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