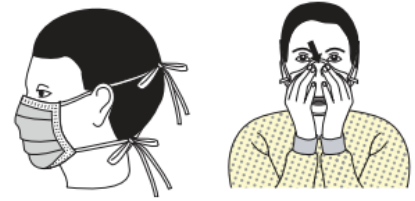


Sequence for putting on/taking off surgical masks and disposable gloves (July 19, 2020)

Putting on (order) – after performing hand hygiene

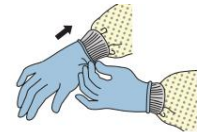
1) Surgical Mask

- Place the mask over mouth and nose securely. Fit snug to face and below chin. Fit flexible band to nose bridge
- There should be no gaps.
- Secure ties or elastic bands at middle of head and neck



2) Gloves

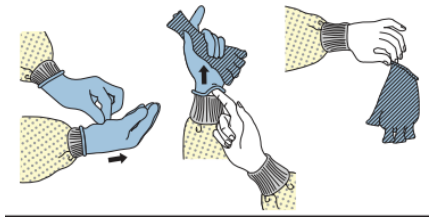
- Extend to cover wrist of cuff



Taking off (order)

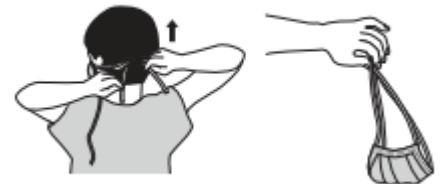
1) Gloves

- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container
- Perform hand hygiene



2) Surgical Mask

- Avoid touching the front of the mask
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



General

- Inspect all personal protective equipment (PPE) before donning; do not use damaged PPE.
- Keep hands away from face and avoid re-adjusting while using it. Keep hair away from your face.
- Change gloves if damaged or heavily contaminated
- Wash hands regularly with soap and water. Use hand sanitizer if not soap/water not available.
- Do NOT share masks with others. Do NOT leave mask around your neck, hanging from your ear or on your forehead.
- If re-using the surgical mask during the same day, cover with a tissue and store in clean plastic bag or container – contact EHS for guidance. Do not store in your pocket where it can be contaminated. Hold by ear loops (avoid touching the front of the mask).
- Wash/sanitize hands after removal. If your hands become contaminated during PPE removal, wash/sanitized before removing the rest of your PPE.
- If working with hazardous materials (e.g. biological agents, flammable agents), speak to your supervisor or academic lead on safe use and proper disposal.

Adapted from the [Centre for Disease Control \(CDC\)](#), [Toronto Public Health](#) and [Sunnybrook Hospital](#).