Instructions for putting on Personal Protective Equipment („Donning“)

In dealing with patients with suspected or confirmed COVID-19

Components of the protective equipment

- Hand disinfectant
- Liquid sealing protective gown
- FFP2-mask
- Eye protection
  (Face mask with visor or goggles)
- Gloves

Preparation

- Take off jewelry and wrist watch
- Fasten hair
- A beard lowers the protection offered by the mask
- Hydrate sufficiently
- Whenever possible: get help from a trained observer ("buddy")

Hygienic hand disinfection

Putting on the protective gown

- Inner straps stay open
- Closing the gown with external help: Collar velcro strap
- Fasten the back strap laterally

If you are wearing glasses

- Take your glasses off

Putting on the FFP2-Mask

- Correct position of the straps: upper strap above the ears, lower strap in the neck
- Adjust the nasal clip with both indexes

Last Check

- Check for correct fit of the protective equipment
- Whenever possible: check by a trained observer ("buddy")
- No further manipulation of protective equipment

Putting on the eye protection

- Visor covering upper part of the face, mask below chin
- Alternative: use protective goggles

Putting on the single-use gloves

- The gloves have to cover the wrist and the wristband of the gown

Immediate measures in the case of unintended damage to the protective equipment

- Ensure the safety of the patient
- Take off the protective equipment up to the mask according to protocol
- Leave the patient room / treatment area
- Hygienic hand disinfection
- Take off the face mask
- Hygienic hand disinfection
- Put on new protective equipment

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Instruction videos and further information can be found here: