



## Topic: Personal Protective Equipment – Gloves & Gowns

### TOOLS & RESOURCES

Project Firstline Video: [Episode 11: Why are Gloves Recommended for COVID-19?](#)

Project Firstline Video: [Episode 12: Why are Gowns Recommended for COVID-19?](#)

Sequence for Donning and Doffing PPE:  
<https://www.cdc.gov/niosh/npptl/pdfs/PPE-Sequence-508.pdf>

Personal Protective Equipment: PPE 101 The Basics of Standard Precautions:  
<https://www.cdc.gov/infectioncontrol/pdf/strive/PPE101-508.pdf>

Chicago Department of Public Health:  
<https://www.chicagohan.org/en/web/han/hai/pfl>



*The Centers for Disease Control and Prevention Project Firstline initiative aims to provide infection prevention and control training for frontline healthcare workers by supporting their efforts to understand and confidently apply the principles necessary to protect themselves, their facility, and their community from infectious disease threats.*

### Personal Protective Equipment – Gloves

Personal Protective Equipment (PPE) refers to the equipment that you use to keep germs from spreading in the environment. Wearing gloves is important for two reasons:

- 1) Gloves are important because they cover breaks and cracks in the wearer's skin. Skin is a good barrier for preventing infection. If there are small cracks, wounds, or breaks in the skin there is the potential for germs to enter your body and make you sick. Gloves cover those breaks so germs can't get into your body.
- 2) Gloves help stop germs from spreading from place to place on your hands. If you touch something with germs on it, the gloves keep those germs from getting on your hand.

To wear gloves effectively wearers need to clean their hands before putting on a new pair of gloves and after removing soiled gloves. Wearing multiple pairs of gloves at once is **NOT** recommended. Multiple pairs of gloves can make it harder to move your hands and fingers while providing care, leading to mistakes. Wearing two pairs of gloves at the same time, is also an infection control risk. Changing the top layer of the gloves between patients increases the risk of contamination of the bottom layer of gloves. Ultimately leading to the spread of more germs.

### Personal Protective Equipment - Gowns

Gowns are critical pieces of PPE, and are important for two reasons:

- 1) Gowns protect the wearer by keeping germs off of your clothes. Wearing a gown makes it easier to remove things such as germs and body fluids that can get on you while at work so you don't have to change clothes every time you get dirty.
- 2) Gowns also keep the wearer from accidentally spreading germs in the workplace and to other people. The proper removal and disposal of gowns is important to help keep germs from spreading from your clothes into the environment and onto others.

To wear a gown effectively, make sure it fits properly and doesn't touch other surfaces while being worn. The gown should be removed before moving to the next patient or task. More than one gown at a time is **NOT** recommended. The extra layers of more than one gown can get into a caregivers way. Removing the top gown, can contaminate the bottom gown and the other clothing that you are wearing. This leads to further spread of germs, causing an increased infection control risk.

*Please reach out to [InfectionPrevention@team-ihh.org](mailto:InfectionPrevention@team-ihh.org) if you have any questions or comments.*