

Video Script: Donning and Doffing PPE with a PAPR (Powered Air-Purifying Respirator)

Time Estimate: 7 minutes when script is read at a reasonable pace. 10 minutes with graphics/pauses.

Narrated Text	Graphics
The following is general guidance for donning and doffing PPE when you are using a Powered Air-Purifying Respirator.	<i>The graphics for this video will be live action of a person taking the actions narrated in the audio.</i>
You should begin with foot protection. Ensure you have a clean and appropriate surface to sit or stand on. In donning the first shoe cover: • Sit on a chair or stand with support. • Hold the shoe cover with both hands, ensuring the opening is fully stretched. • Place one foot into the cover, making sure your shoe is completely enclosed. • Secure the shoe cover around your ankle or calf, depending on the design.	
To don the second shoe cover • Balance on the foot that already has a cover or hold onto a support. Repeat the same process with the second shoe cover.	
With any footwear, make sure it fits securely and comfortably to prevent tripping or slipping hazards.	

Narrated Text	Graphics
Fasten any ties, straps, or elastic bands to ensure the footwear is snug and will not come off during laboratory activities. Ensure that the footwear fully covers the foot and extends up to cover the ankles if required, providing a continuous barrier.	
Hand protection is next. Put on your first pair of gloves – the inner gloves – ensuring a snug fit without any tears or defects. In some situations, extend the gloves over the cuff of the coat.	
Next, you'll put on your gown or coverall. Fasten all closures such as zippers, snaps, or Velcro to secure the gown or coverall snugly. Make sure you have sufficient range of motion. Tuck the gown or coverall into gloves and footwear to create a continuous barrier. Your knit cuffs should be clean if gloves are pulled over them.	
After your gown or coverall, you will don your Powered Air Purifying Respirators (PAPRs). Check the PAPR unit, hood or facepiece, breathing tube, and battery for any visible damage or wear. Ensure all components are clean and in good working condition. Verify that the battery is fully charged. Attach the battery to the PAPR unit and ensure it is securely connected. Conduct an airflow check. Turn on the PAPR unit and check the airflow by placing the airflow indicator in the breathing tube. Ensure the airflow meets the manufacturer's specified requirements. If not, troubleshoot or replace components as necessary.	

Narrated Text	Graphics
Connect the breathing tube to the PAPR unit and the hood or facepiece. Ensure the connections are secure and free of leaks. Put on the hood or facepiece, ensuring it fits comfortably and securely around your head and shoulders. Adjust the headgear or straps for a snug fit. Verify that the entire system is properly assembled and functioning by feeling the airflow inside the hood or facepiece.	
Next, put on your safety glasses. Adjust the headbands or straps to ensure a snug and secure fit, making sure the glasses sit comfortably without gaps. Confirm that the safety glasses cover the entire eye area. Ensure that the eye protection is compatible with your N95 respirator without causing discomfort.	
Last, put on the second pair of gloves – the outer gloves – over the inner gloves. Ensure they fit well and cover the cuffs of the gown or coverall. Once donned, re-check both pairs of gloves for any holes, tears, or imperfections to ensure full protection.	
Make sure all PPE is adjusted properly before beginning laboratory work.	
When you are ready to doff your equipment, make sure you are in a designated area, typically a controlled environment such as a decontamination room or anteroom. This is to contain any potential contaminants. Before and during removal, inspect PPE for visible contamination or damage. If contamination is present, take extra precautions to avoid spreading it.	

Narrated Text	Graphics
PPE should be removed in order of most potentially contaminated to least, generally following this sequence: • Footwear • Outer gloves • Gown or coverall • Face shield or safety eyewear • Respiratory protection • Inner gloves PPE should be removed slowly and deliberately to avoid generating aerosols or causing contaminants to become airborne.	
Doffing footwear involves a “bootie dance.” Doff the first shoe cover. • Sit on a chair or stand with support. • Use one hand to grab the back of the shoe cover at the heel. • Carefully and slowly peel the cover off, turning it inside out as you remove it. Slow and careful movements help to avoid generating aerosols or spreading contaminants. Avoid touching the outside of the cover with your hands or allowing your skin or clothes to have contact with the contaminated surface of the shoe covers.	
Doff the second shoe cover. Balance on the uncovered foot or hold onto a support. Repeat the same process with the second shoe cover.	
The “bootie dance” emphasizes the importance of maintaining balance, being careful not to contaminate yourself or the surrounding environment and following the	

Narrated Text	Graphics
correct sequence to minimize the risk of spreading contaminants. Place disposable footwear directly into designated biohazard containers for disposal. For reusable footwear, inspect for contamination and place them in a designated decontamination area.	
Next, you'll remove your outer gloves. Visually inspect the outer gloves for any contamination or damage before removal. Pinch the outside of one glove at the wrist without touching your skin. Pull the glove away from your hand, turning it inside out as you remove it.	
Hold the removed glove in the gloved hand. Slide the fingers of your ungloved hand under the wrist of the remaining glove, being careful not to touch the outside of the glove. Peel the second glove off over the first glove, ensuring both gloves are turned inside out. Dispose of the gloves properly in a biohazard waste container.	
At this point, since your inner gloves are still on, you should perform a decontamination wipe-down, especially of all surfaces that will be touched, like the sleeves of the gown and the face shield before full doffing. Now you'll doff your gown or coverall. Carefully unfasten all closures. Take care not to touch anything underneath the outer layer.	
Remove your gown or coverall slowly. Use the "inversion" method. This means carefully removing it without touching the contaminated exterior, turning it inside out as it is removed.	

Narrated Text	Graphics
This ensures that any pathogens or hazardous materials on the outside are contained within the gown, minimizing the potential for accidental exposure or environmental contamination during disposal.	
Ball the gown up tightly to further reduce the risk of spreading contaminants and make it easier to handle and dispose of safely. Dispose of the gown or coverall in designated biohazard containers immediately after removal.	
Next, remove your face shield or eyewear carefully and gently to avoid splashing or generating aerosols. Do not touch the front surface of the eyewear or face wear, as it may be contaminated. Instead, handle by the straps, temple pieces, or sides. If the eye and face protection is disposable, place it directly into a designated biohazard container. If it is reusable, place it in a designated decontamination area.	
Next, you'll remove your respirator. Carefully lift the hood or facepiece away from your face, avoiding contact with the outside surfaces which may be contaminated. Disconnect the breathing tube from the hood or facepiece.	
The last step is to remove inner gloves. Before proceeding, ensure the inner gloves are not visibly contaminated. Then, use a similar pinch and pull technique as with the outer gloves. Pinch the glove at the wrist of one hand without touching your skin. Pull the glove away from your hand, turning it inside out.	

Narrated Text	Graphics
Hold the removed glove in the gloved hand. Slide the fingers of your ungloved hand under the wrist of the remaining glove, being careful not to touch the outside. Peel the second glove off over the first glove, turning both gloves inside out.	
Dispose of the inner gloves in a biohazard waste container. Do not wash or reuse disposable gloves. Perform a thorough hand wash after completely removing all PPE to ensure any residual contamination is eliminated.	