

Donning and Doffing Personal Protective Equipment

Mindfulness Minute: Incorporate safety into your workflow by considering the hazards associated with the donning and doffing of personal protective equipment.

Personal Protective Equipment (PPE) is equipment worn to provide a barrier to biological, chemical, and physical hazards. Examples include gloves, lab coats, protective footwear, eye protection, protective hearing devices, respirators, and full body suits. Appropriate PPE is determined by a hazard assessment. Proper training on use, cleaning, and storage (or disposal) is required as specified in the UTK Chemical Hygiene Plan.

Follow this list of dos and don'ts for safe PPE practices:

Do assess potential hazards in your work area before donning PPE.

Do ensure all PPE items are clean, intact, and appropriate for the task.

Do take your time to secure each item correctly.

Do visualize the proper sequence for putting on and removing PPE.

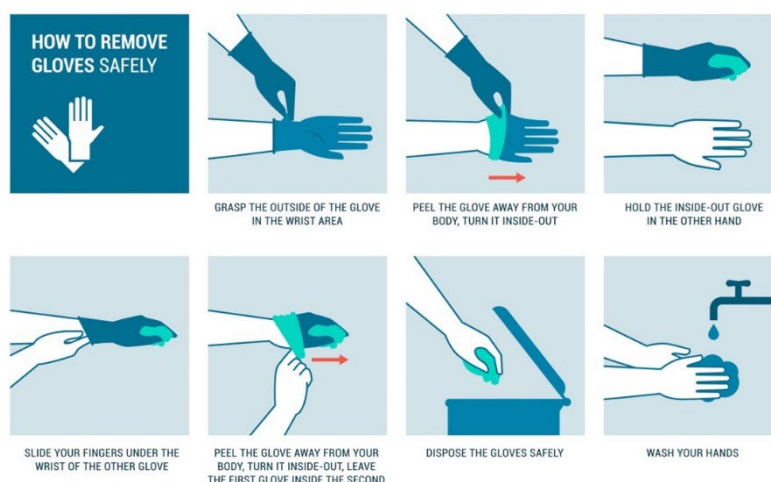
Do plan your movements to avoid touching contaminated surfaces when doffing.

Don't rush through the process of donning or doffing PPE.

Don't touch contaminated surfaces of PPE with bare skin or clean clothing.

Don't reuse single-use PPE items.

Don't forget to dispose of or clean PPE properly after use.



Key considerations for PPE use:

- PPE is your last line of defense against laboratory hazards
- Proper donning creates an effective barrier against potential hazards
- Mindful doffing prevents self-contamination and spread of hazardous materials
- Regular practice of proper techniques reinforces safe habits
- Disposing of single-use PPE and cleaning reusable items according to protocols is essential for maintaining a safe lab environment

Remember, incorporating safety into your workflow begins with mindful PPE practices. By taking a moment to focus on proper donning and doffing procedures, you protect not only yourself but also your colleagues and the broader laboratory community.