

# PUTTING ON PPE



**PERFORM HAND  
HYGIENE**



**PUT ON GOWN  
Fasten at the back**



**PUT ON THE APPROPRIATE  
MASK**



**PERFORM FIT  
TEST**



**PUT ON PROTECTIVE  
EYE WEAR**



**PERFORM HAND  
HYGIENE**



**PUT ON GLOVES**



## REMEMBER THE 5 MOMENTS OF HAND HYGIENE

- 1. Before touching a patient**  
For example after touching the door handle, curtains or positioning of equipment
- 2. Before a procedure**
- 3. After a procedure or body fluid exposure risk**
- 4. After touching a patient**
- 5. After touching a patient's surroundings**



The Sydney **children's** Hospitals Network  
care, advocacy, research, education