



3. Personal Protective Equipment

BACKGROUND

Personal Protective Equipment (PPE) is your last line of defense in the laboratory. Regardless of the task in the lab, the presence of other lab users handling hazardous materials necessitates the minimum standard of long pants, a laboratory coat, and protective shoes (close toed, covers all of foot with a liquid resistant material).

REQUIRED PPE IN THIS LAB

1. Long, loose pants
2. Laboratory coat (fully buttoned)
3. Fully enclosed shoes
4. Hair tied back
5. _____
6. _____



ADDITIONAL PPE

In this lab, your PI also indicates that the following PPE must be worn for the following tasks:

Task	Additional PPE Required

EYE AND HAND PROTECTION

Eye Protection	<ul style="list-style-type: none">• Contacts are not recommended• Goggles or a face shield protect against chemical splashes• Safety glasses protect against projectiles and impact. They do not protect against chemical splashes	
	<ul style="list-style-type: none">• All disposable gloves are permeable; pick the glove that is least permeable to your hazard• You may need specialty gloves for heat, cold, and electrical shock depending on your hazards	Hand Protection



RESOURCES FOR CHOOSING PPE

- Canadian Centre for Occupational Health and Safety (CCHOS): explains the advantages and disadvantages of different PPE choices. www.cchos.ca/oshanswers/prevention/ppe
- UBC Chemical Laboratory Safety Manual: Chapter 6 covers hazard controls including PPE options.
- Best Glove: Helps you choose the best glove for your use www.bestglove.com
- WorkSafeBC: Provides guidelines and information on choosing and using PPE. www2.worksafebc.com/topics/PPE/PPEBasics-Types

LAB PPE RECOMMENDATIONS & MAINTENANCE

Other PPE to consider includes isolation gowns, splash aprons, specialty gloves, face shields and hearing protection. You may need to consider PPE other than what is shown in this document, depending on the hazard. Fill in the table below as required.

Eye Protection

- Contacts are not recommended
-
-

Gloves

-
-
-

PPE Inspection, Maintenance & Storage

Store PPE and personal belongings separately

Check PPE regularly for contamination and damage

Do not share PPE (individuals should have their own gloves, masks, hearing protection, etc)

Launder PPE as needed (do not launder PPE at home – find a laundromat that accepts lab PPE)

DONNING AND DOFFING PPE

See below



Putting on (Donning) PPE

1. Wash hands



2. Change into scrubs
(if required)



3. Put on booties
(if required)



4. Put on gown or lab coat



5. Put on Head cover
(if required)



6. Put on face mask (if required)

- N-95 Respirator for infectious (must be fit tested)
- Surgical mask for animals



7. Put on eye protection or
face shield (if required)



8. Put on gloves

- Use extended cuff if possible
- If 2nd pair of gloves is required, the extended 12" cuff is preferred for the top layer





Removing (Doffing) PPE

1. Remove booties (if wearing)



2. Remove gloves

- If wearing double gloves remove outer gloves only



3. Remove gown or lab coat



4. Wash hands or remove 2nd pair of gloves



5. Remove eye protection or face shield



6. Remove face mask

- Handle straps only
- Do not touch front portion



7. Remove head cover



8. Wash hands

- Wash hands
- Change into street clothes (if wearing scrubs)
- Wash hands again

