	Personal Protective Equipment (PPE)	**N° PON**: PON-SST-BIO-02
UQTR Université du Québec à Trois-Rivières		**Version number:** 02
Reference program: **Biosafety management**	**In Containment Zone 2**	**Revision: CBGMD** **Approval:** Pascal Daigle, Director, SPP

Potential risks:	☣
Required training:	Laboratory safety training Biosafety training
Additional resources:	https://www.youtube.com/watch?v=p2Sc5r7JUIE
Source for illustrations:	Association paritaire pour la santé et la sécurité au travail du secteur affaires sociales *(Joint association for occupational health and safety in the social affairs sector)* (asstsas.qc.ca)

⚠ **Caution: You may not be required to wear all of the personal protective equipment listed in this procedure. The PPE used must be that which was approved by BHMMC when you applied for a biosafety and biosecurity certificate. The order of donning must still be followed.**

Step 1: Preparation

1. **Preparation**
   1.1. Make sure your hair is tied back and jewellery are removed.
   1.2. Before entering Containment Zone 2, users must remove their regular PPE and hang it in the designated area.

Step 2: In Containment Zone 2

Put on PPE in the following order:

1. **The white coat**

   Or

2. **Disposable gown (recommended for work with viruses and viral vectors)**
   2.1. Put it on so that it ties at the back.
   2.2. Tie the ties at the neck and waist.

3. **The procedure mask:**
   3.1. Place the ties around the ears.
   3.2. Adjust the metal band to the shape of the nose.
   3.3. Lower the bottom of the mask under the chin.

   OR

4. Respiratory Protection Device (RPD):

⚠ **Warning: A Fit-Test is required for this type of mask.**

    4.1. Place the APR in the palm of your hand and leave the straps free.

    4.2. Place the APR and make sure to cover the chin and nose.

    4.3. Placer la courroie supérieure et la placer sur le dessus de la tête.

    4.4. Pull the lower strap through and place it around the neck under the hair.

    4.5. Adjust the nose clip to the shape of the nose.

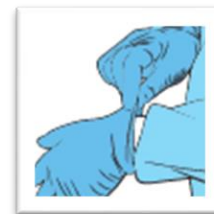   4.6. Check that the respirator is sealing properly to the face
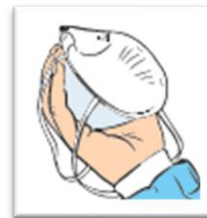
5. Eye protection (goggles or face shield)

6. Gloves

    6.1. Cover the cuffs and wear them over the lab coat or gown.

Step 3: Before exiting Containment Zone 2

Remove PPE in the following order:

1. **Gloves**
   1.1. Pinch the glove of your choice at the wrist and slide the glove to the fingertips so that it is upside down. The part of the glove that was on the outside is now on the inside.
   1.2. Make a ball with the removed glove in the gloved hand.
   1.3. Slide two bare fingers under the second glove at the wrist and remove the glove by turning it inside out until it is completely removed. The second glove thus contains the first glove.
   1.4. Dispose of gloves in biomedical waste.
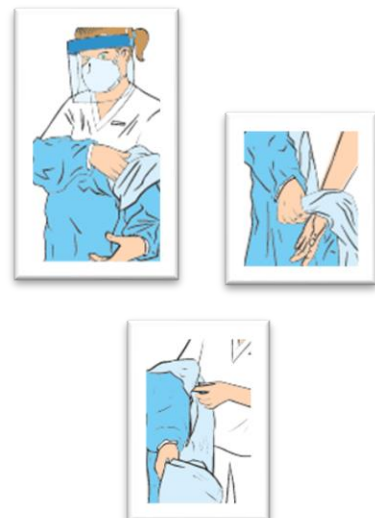
   ⚠ **Caution: Never reuse single-use gloves**
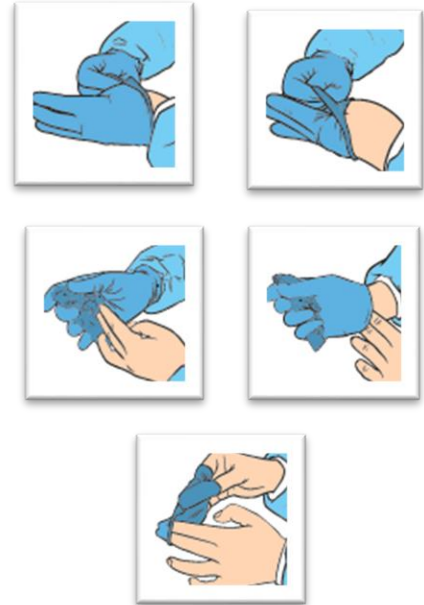
2. **Lab coat or gown**
   2.1. Remove the lab coat and place it on the hook provided for this purpose.

   ⚠ **Caution: A regular decontamination procedure of the lab coats must be put in place.**
   2.2. To **remove** the gown, untie the cords/velcro at the neck and back.
   2.3. Take the end of the cords at the neck and pull them to bring the gown forward.
   2.4. Slide a finger under one of the sleeves to the level of the wrist and remove the arm from the sleeve.
   2.5. Proceed in the same way to remove the other sleeve.
   2.6. Roll the gown over itself, always leaving the contaminated surface inwards.
   2.7. Dispose of the gown in biomedical waste.
   2.8.

   ⚠ **Caution: Do not reuse single-use gowns.**

3. **Proceed with hand washing**

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4. **Eye protection (goggles or face shield)**
   4.1. To remove the glasses or the face shield, manipulate their sides or their back.
   4.2. Clean eye protection with an appropriate disinfectant

5. **The procedure mask:**
   5.1. Untie the straps or grab the rubber bands.
   5.2. Pull the mask forward using the straps.
   5.3. Avoid touching the outside of the mask at all times.
   5.4. Dispose of the mask in biomedical waste.

6. **Respiratory Protection Device (RPD):**
   6.1. Tilt the head forward and pull the lower strap over the head.
   6.2. Pull the upper strap over your head.
   6.3. Avoid touching the outside of the filter at all times.
   6.4. Dispose of the mask in biomedical waste.

7. **Proceed with hand washing**

Decontamination of lab coats

The lab coat reserved for containment zone 2 must be decontaminated once a month.
1. Place the lab coat in a bag reserved for biomedical waste (red bags)
2. Place the bag in a secondary container (plastic bin) and load the autoclave.
3. Complete the lab coat decontamination log (Appendix 1).
4. After the decontamination cycle, the lab coat can be taken home for washing if it is stained.

Annex 1

Annual lab coat decontamination log **To be done 1x per month**	
Month	**INITIALS**
January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

History of Changes and Approvals

Created by:	Marie-Eve Ducharme	Date		2022/12/09 YYYY/MM/DD
Date of change	Description of the change			
2023/07/10 YYYY/MM/DD	Make sure your hair is tied back and jewellery are removed.	Prepared by:		Marie-Eve Ducharme
		Validated by:		
		Approved by:		
/ / YYYY/MM/DD		Prepared by:		
		Validated by:		
		Approved by:		
/ / YYYY/MM/DD		Prepared by:		
		Validated by:		
		Approved by:		