

PERSONAL PROTECTIVE EQUIPMENT

Training	PPE, Hygiene Practices
Hazards	Spread of COVID-19 Virus

Following are some guidelines about wearing Personal Protective Equipment (PPE) during the COVID-19 pandemic. A hazard assessment with your supervisor will determine what PPE is required for your work tasks. It may also be detailed in a written Safe Operating Procedure (SOP) or Safety Data Sheet (SDS).

- Training is required for all PPE used in our workplace.
- Please be diligent regarding use of PPE and conserve available supply, where possible to do so.

ALWAYS PRACTICE PROPER HAND HYGIENE WHEN PUTTING ON AND TAKING OFF PPE.

The wearing of PPE shall not be used in place of the Physical Distancing (six feet), Gathering (ten people) and other Rules in place under the COVID-19 Public Health directives and recommendations, without a thorough hazard assessment, approved by the Director of Risk Management

Face shields

Face shields are available to help keep our employees protected from the potential exposure to droplets when performing certain duties. The wearing of the face shield should be based on a hazard assessment of the work being performed.



A face shield covers the eyes, nose, and mouth, as well as helps to stop you from touching your face. We know that COVID-19 is spread by droplets, such as from a cough or sneeze or during certain splash-producing tasks, so using a face shield will help protect staff from these potentially-infectious droplets.

Face shields shall be assembled, worn and cleaned as per the manufacturer's instructions. Face shields that are shared between workers shall be disinfected before and after use, following good hygiene measures using a Health Canada-approved PPE disinfectant, such as ShockWave™.

Avoid handling the window portion of the face shield. Don, doff and adjust the face shield by using the head gear only.

[Instructions for using and cleaning the Scotia Face Shield are located here.](#)

NOTE: All tools and equipment shall be used in accordance with provincial OH&S legislation, manufacturer's specifications, applicable standards and codes of practice.

KN95 Face Masks (with head straps)

KN95 face masks when there is an increased risk of exposure when working with Isolated Students (e.g. cleaning, maintenance, first aid). They are not a respirator, but will offer a greater degree of protection from droplets than a non-medical or medical grade face mask.

To don the mask:

1. Cup the mask in your hand, with nosepiece at your fingertips, allowing the headbands to hang freely below your hand.
2. Position the mask under your chin with the nosepiece up. Pull the top strap over your head resting it high at the top back of your head. Pull the bottom strap over your head and position it around the neck below the ears.
3. Place your fingertips from both hands at the top of the metal nosepiece. Using two hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece. → Pinching the nosepiece using one hand may result in improper fit and less effective mask performance. Use two hands.

Replace mask when soiled or wet.

To remove the mask:

1. See step 2 above and cup mask in hand to maintain position on face. Pull bottom strap over head. Still holding mask in position, pull top strap over head and remove respirator.

N95 Respirators

N95 respirators are typically worn by some employees who are exposed to breathing hazards that cannot otherwise be controlled, following a hazard assessment process. ***N95 respirators shall not be worn by StFX employees to protect them from COVID-19, without a written hazard assessment completed by their supervisor and the OHS officer.***



The use of N95 Respirators in the workplace requires a fit test, as per our [Respiratory Protection Program](#). Contact your supervisor for more information. During the COVID-19 pandemic, fit testing will only take place if urgently required (due to the physical distance restrictions in place and the close proximity required to do a fit test).

Gloves

Nitrile or vinyl gloves are typically worn based on a hazard assessment, an SOP or SDS instructions to protect your hands from hazards in the workplace, such as cleaning products or other controlled products. Gloves are disposable and should be used and disposed of following good hygiene practices, as per your [training](#).



NOTE: All tools and equipment shall be used in accordance with provincial OH&S legislation, manufacturer's specifications, applicable standards and codes of practice.

Gloves are not an effective measure in preventing the spread of COVID-19 in a non-healthcare setting. The wearing of gloves is not a substitution for hand washing. Gloves can become contaminated similar to your hands, and wearing them may give you a false sense of security. Gloves may increase the spread if not used properly.

Remember, PPE is considered to be the last line of defense, to be used only when elimination, substitution, engineering or administrative controls are not achievable, as illustrated here in the OH&S Hierarchy of Controls.



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