

# Proper PPE Can Provide a Safe Barrier between You and Coronavirus

## Novel Coronavirus (2019-nCoV) PPE

### Start with the Hierarchy of Controls

If you are unable to effectively eliminate, substitute, engineer out, or control the possibly infectious environment where your team works, you must rely on personal protective equipment (PPE) as a last resort.

### Federal Regulations and Consensus Standards for PPE

- [OSHA's 2019 Novel Coronavirus Standards page](#)
- [NIOSH Personal Protective Equipment Information \(PPE-Info\)](#)
- [NIOSH Guidance for PPE Selection](#)

### Types of PPE

- Suits/Coverall/Gowns
- Gloves
- NIOSH-Certified Disposable N95 or Better Respirators
- Goggles/Face Shields

### Safe Work Practices

The CDC recommends for following practices:

- Keep hands away from face
- Work from clean to dirty
- Limit surfaces touched
- Change PPE when torn or heavily contaminated
- Perform hand hygiene

### Donning and Doffing Procedures

Always use best practices when putting on or removing PPE. Download resources [here](#) and [here](#).

