

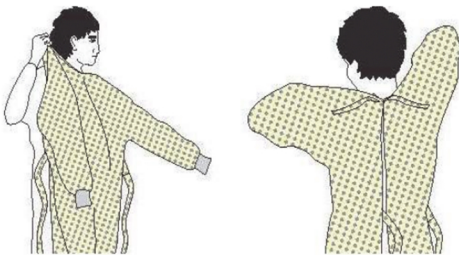
How to wear and remove gowns

Full coverage of the arms and body front, from the neck to the mid-thigh or below, will ensure that clothing and exposed areas of the upper body are protected. Isolation gowns are always worn in combination with gloves and other PPE (e.g., masks, eye protection) according to the type of transmission being prevented (contact, droplet etc.).

Isolation gowns are usually the first piece of PPE to be put on (see Figure 1-2 A). HCWs should remove isolation gowns before leaving the patient care area to prevent possible contamination of the environment outside of the patient care area (see Figure 1-2 B). (Siegel et al. 2007)

Figure 1-2 A and B. Putting on and Removing an Isolation Gown

A. Proper Way to Put On an Isolation Gown



- 1- Perform hand hygiene.
- 2- Unfold the gown and insert both hands in the sleeves of the gown, one after the other.
- 3- Secure both sides using the tie at the neck and at the waist. Make sure that you tie the waist knot on the side so that it is easy to untie at the time of removal.

B. Proper Way to Remove an Isolation Gown



- 1- Release the knot around the neck, being sure not to contaminate the neck, followed by the side knot.
- 2- Slowly pull the gown away from your body, pulling it inside out, as you remove your hands, one after the other.
- 3- Fold the gown inside out, ensuring that you avoid touching the outer surface of the gown.
- 4- Dispose of the gown in a contaminated-waste container.



Size Chart for Isolation Gowns

Unit: cm

Size	Height	Chest	Sleeve Length	Cuff Diameter	Ankle Diameter
S	165	120	84	18	24
M	169	125	86	18	24
L	173	130	90	18	24
XL	178	135	93	18	24
XXL	181	140	96	18	24
XXXL	188	145	99	18	24

Unit: in

Size	Height	Chest	Sleeve Length	Cuff Diameter	Ankle Diameter
S	65	47	33	7	9.5
M	66.5	49	34	7	9.5
L	68	52	35.5	7	9.5
XL	70	53	36.5	7	9.5
XXL	71.25	55	38	7	9.5
XXXL	74	57	39	7	9.5

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EN 14126

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