**PERSONAL PROTECTIVE EQUIPMENT TRAINING**

**Pre-Course Requirements: COVID-19 Pandemic Training**

Prior to attending the core virtual training session to be held on Thursday April 17th 2020, please ensure you have completed each of the following items in the list.

Once you have completed each task below, click the corresponding checkbox to mark as complete. At the end of the document, click the checkbox to certify you have completed all tasks outlined, save the document and send a copy to Annette Bradfield via email. When you return this document to Annette please include any questions you have so they can be addressed as a group in the training session.

**PRE-COURSE ACTIVITIES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **COMPLETED** | **TOPIC** | **FORMAT** | **DURATION** | **LINK** | **COMMENTS** |
|  | Handwashing | Video | 45 seconds | [CLICK HERE](https://www.youtube.com/watch?v=cbX0xwKORjk) | Note that it fails to cover washing wrists, which we should do on both hands. |
|  | Hand Sanitizer Technique | Video | 36 seconds | [CLICK HERE](https://www.youtube.com/watch?v=4xC-_7ZiQoY) |  |
|  | Risk of Cross-contamination with Gloves | Video | 3.5 minutes | [CLICK HERE](https://www.youtube.com/watch?v=dXU6VjjLFsw) |  |
|  | Removing Used Gloves | Video | 49 seconds | [CLICK HERE](https://www.youtube.com/watch?v=ATU383lIfT8) | Hand washing before and after |
|  | Don/Doff Surgical Facemask | Video | 1.5 minutes | [CLICK HERE](https://www.youtube.com/watch?v=z-5RYKLYvaw) | Hand washing before and after |
|  | Donning and Doffing for COVID-19 | Website | 3 minutes | [CLICK HERE](https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html) |  |
|  | PPE Donning & Doffing: CDC Sequence for COVID-19 | Video | 13 minutes | [CLICK HERE](https://www.youtube.com/watch?v=t1lxq2OUy-U) |  |
|  | How to Re-use Masks | Video | 32 seconds | [CLICK HERE](https://www.dropbox.com/s/htsl8lrz2ycn6qu/N95_APR9_Clip.mp4?dl=0) | For discussion as a group |

***I certify that I have completed all the tasks above in order to prepare for the virtual training session to be held later this week.***