





# Over-the-Head Gown With Thumb Hooks

AAMI Level 2







## PROPER DONNING AND DOFFING OF OVER-THE-HEAD GOWN WITH THUMBHOOKS

### DONNING

-  1) To don the gown, pull it over the head.
-  2) Then place the arms into the sleeves and hands into the thumb loops near your wrists.
-  3) Make sure the front and back of the gown are pulled down for complete coverage. Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back.
-  4) Pull the side ties around and tie.

The gown should provide full coverage in the front and in the back.

### DOFFING

-  1) To remove the gown, insert your thumbs between the ties and the gown and pull forward to break the ties.
-  2) Then grasp the gown in the front by the waist with both hands and pull forward away from your body.
-  3) Once the gown is pulled away from the body, pull the gown away from each shoulder and roll the gown down the body, inside out into a ball, keeping any fluids or contaminants contained inside the ball.
-  4) As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands.

Dispose the gown according to your facility's PPE disposal requirements.



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