

THERMA

COVID-19 Personal Protective Equipment (PPE) Quiz

Date _____

Job Site _____

Department _____

Pass _____ **Fail** _____

NAME _____

Signature _____

INSTRUCTOR _____

Signature _____

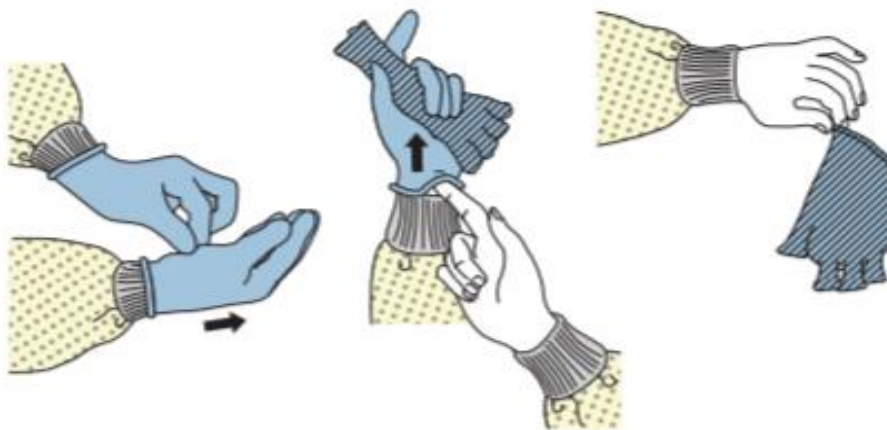
1. Coronavirus disease 2019 (COVID-19) mainly spreads through respiratory droplets when an infected person coughs, sneezes or talks.
 - a. True
 - b. False
2. COVID-19 can also be transferred by touching surfaces or objects contaminated with the virus and then touching their mouth, noses, or eyes.
 - a. True
 - b. False
3. Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing, stay at least 3 feet from other people.
 - a. True
 - b. False
4. Personal Protective Equipment (PPE) can be shared between workers.
 - a. True
 - b. False
5. Eye and face protection such as safety goggles, safety glasses, and face shields shall be cleaned after use every 3 days.
 - a. True
 - b. False
6. If you wear regular eyeglasses, you do not need to wear safety glasses or goggles.
 - a. True
 - b. False

7. Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer (70% alcohol content or greater).
 - a. True
 - b. False
8. If gloves become torn, remove them and perform hand hygiene before putting on new gloves.
 - a. True
 - b. False
9. Face coverings including respirators, surgical masks, and bandanas should be worn by all employees during COVID-19 pandemic.
 - a. True
 - b. False
10. Face coverings shall completely cover the nose, mouth, and chin.
 - a. True
 - b. False

How to safely remove PPE after use

Gloves

- Outside of gloves are contaminated!
- If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
- Discard gloves in a waste container



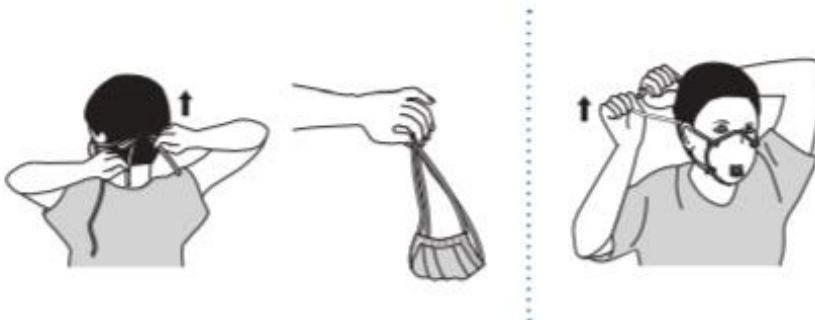
Goggles and face shield

- Outside of goggles or face shield are contaminated!
- If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Remove goggles or face shield from the back by lifting head band or ear pieces
- If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container



Mask or Respirator

- Front of mask/respirator is contaminated — DO NOT TOUCH!
- If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
- Discard in a waste container



Tyvek suit or gown

- Gown front and sleeves are contaminated!
- If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
- Unfasten gown ties, taking care that sleeves don't contact your body when reaching for ties

- Pull gown away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard in a waste container



Wash hands or use an alcohol-based sanitizer immediately after removing all PPE

