

Personal Protective Equipment | Mask, visor and gloves

MASKS

Surgical Mask



It is important to remember that the effectiveness of a paper mask has a limited duration due to its moistening. The regular change is recommended for operators located in sensitive positions. They are designed to stop liquid droplets and aerosols coming *out* of the wearer's mouth, not filter the air coming *in*. Nevertheless, they help to keep the germs from coughs and sneezes to ourselves, or to prevent in some way from picking up other people's viruses and bacteria.

- must not be reused
- should not be touched when worn
- must not hang around the neck or be worn under the chin
- must not be folded or put in the pocket

Mask N95



An FFP mask is a respiratory protective device. It is intended to protect the wearer from both inhalation of droplets and airborne particles, which may contain infectious agents. Wearing this type of mask is more restrictive (thermal discomfort, respiratory resistance) than that of a surgical mask.

1

Homemade Mask

Its filtering power on the virus is variable depending on the type of screen used (it is estimated at 89% for surgical masks, for comparison). Change non-medical masks as soon as they are wet, dirty or dirty.

- Wash your hands thoroughly before putting on the mask and after removing it. It is important to avoid touching your face when wearing the mask.

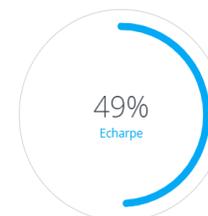
After Use:

Either I disinfect it immediately if it is fabric: I can put it in the oven at 70 ° for 30 minutes (*, **) or wash it at 60 ° for 30 minutes with a detergent in a washing machine - to limit contact with secretions on the mask (washing with alcohol or bleach, or ironing with a steam iron alone are not sufficient methods).

Either if I can't disinfect it right away, I keep it in an airtight container (for example a plastic box that will need to be disinfected with bleach). The virus does not

Davies et al. (2013). Testing the efficacy of homemade masks: would they protect in an influenza pandemic? Disaster Medicine and Public Health Preparation

survive more than 4 days. (**)(**). | [** Référence de la Society of American Gastrointestinal and Endoscopic Surgeons \(SAGES\) Sages](#)



What Health Canada Says About Wearing Masks:

When it is not always possible to maintain a physical distance of 2 meters between colleagues or clients at the workplace, the use of a non-medical mask or face cover should be considered (c (made to completely cover the nose and mouth and well-fitting to the face, held in place by ties behind the ears or cords behind the head and neck), which can also prevent respiratory droplets from " an infected person from reaching other people or contaminating surfaces or common objects (passive vectors of transmission).

If a worker is alone behind a physical barrier, a non-medical mask or face covering is not necessary. If the worker is behind a physical barrier with colleagues or if he has to move behind the physical barrier (and a distance of 2 meters is not possible), then consider a non-medical mask or face cover. Wearing a non-medical mask or face cover is intended to prevent the spread of infection by the wearer but has not been shown to protect the wearer from infection. If the use of a non-medical mask or face cover is recommended in the workplace or in a business environment, workers should be instructed in the proper care and use.

PPE should be used only on the recommendation of an organization's occupational health and safety department, and its use should be based on a risk assessment that takes into account both the risk associated with a task or activity details and characteristics of the source of infection (eg, sick person or contaminated environment). The use of respirators (eg N-95 respirators), outside of health care settings or other industries where respirators are commonly used, is not recommended.

Source : <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/guidance-documents/risk-informed-decision-making-workplaces-businesses-covid-19-pandemic.html>

<https://www.cdc.gov/niosh/npptl/pdfs/UnderstandDifferenceInfographic-508.pdf>

VISORS

Can visors replace the wearing of respiratory protection?

Visors or face shields are not respiratory protection equipment but eye and face protection equipment. They meet the standard EN 166 "Personal eye protection - Specifications". If they can protect the carriers from the large droplets emitted immediately after a cough by a person nearby and facing the screen, they do not protect particles remaining in suspension. They do not have the effectiveness of respiratory protection masks.

These screens protect the whole face and have the advantage of being removable while minimizing the risk of touching the face.

However, face shields can only be used in addition to the collective, organizational and hygiene measures implemented to ensure the health and safety of employees; companies will have to assess whether the provision of these screens is suitable for the residual risks incurred at workstations. It is then advisable to clean both sides regularly and to avoid carrying the hands at the level of the face under the visor. *Source : INRS*

GLOVES

Should I ask food handlers to wear gloves?

No, wearing gloves is not required and rather gives a false sense of security. Frequent hand washing is more appropriate. In most work situations in companies the hygiene measures are enough. *Sources : MAPAQ*

If gloves are used to prevent hands from becoming contaminated on contact with surfaces, special care should be taken: gloves are therefore potentially contaminated and the following measures must therefore be observed.: *Source : INRS*

- ✓ Hand washing should be done before putting on gloves
- ✓ Do not wear gloved hands on your face.
- ✓ Take off your gloves, being careful not to touch your skin with the outside of the glove.
- ✓ Throw your gloves in a trash can after each use.
- ✓ Wash your hands or apply hydro-alcoholic friction after removing your gloves.

When wearing gloves for an extended period of time, without frequent change or hand washing, bacteria on the skin multiply rapidly due to the hot and humid environment created by the gloves. In Europe, it is recommended to change the gloves every 30 minutes.