

Personal Protective Equipment (PPE) & Hand Hygiene

Standards Mapping & Compliance Guide

This document provides aged care and NDIS providers, support workers and auditors with a summary of how the PPE & Hand Hygiene course supports safe infection prevention practices. The course focuses on selecting and using PPE appropriately, safe donning and doffing, Standard and Transmission-Based Precautions, effective hand hygiene and the WHO Five Moments for Hand Hygiene.

Aged Care Standards Alignment

- Infection prevention and control
- Safe delivery of care and services
- Risk-based selection and use of PPE
- Standard Precautions and Transmission-Based Precautions
- Safe hand hygiene practices
- Protection of older people, workers and the care environment

NDIS Practice Standards Alignment

- Infection prevention and control
- Safe delivery of supports
- Risk identification and management during support activities
- Use of PPE based on the task and anticipated exposure
- Following organisational infection prevention and control policies and procedures
- Worker knowledge and safe practice

Course Learning Outcomes

- Explain the purpose of Personal Protective Equipment (PPE)
- Identify the different types of PPE and when each should be used
- Select PPE based on the level of risk and the care activity being performed
- Correctly put on (don) and remove (doff) PPE to minimise the risk of contamination
- Perform effective hand hygiene using the recommended techniques
- Apply the World Health Organization (WHO) Five Moments for Hand Hygiene in everyday practice
- Recognise common mistakes that increase the risk of infection transmission
- Apply Standard Precautions to help protect yourself, colleagues and the people supported
- Follow organisational infection prevention and control policies and procedures

Course Content Mapping

- **Module 1 - Personal Protective Equipment (PPE):** purpose and types of PPE; risk-based PPE selection; Standard Precautions; Transmission-Based Precautions; reassessing risk when circumstances change.
- **Module 2 - Putting on PPE (Donning):** preparation, hand hygiene, correct donning sequence, gowns/aprons, surgical masks and P2/N95 respirators, fit checking, eye protection and gloves.
- **Module 3 - Removing PPE (Doffing):** correct removal sequence, hand hygiene between removal steps, safe removal of gloves, gowns/aprons, eye protection and masks, and prevention of self-contamination.
- **Module 4 - Hand Hygiene:** WHO Five Moments for Hand Hygiene, alcohol-based hand rub, soap and water, correct hand-cleaning technique, common mistakes and the principle that gloves do not replace hand hygiene.

Organisational Benefits

- Supports worker knowledge of infection prevention and control practices
- Promotes consistent PPE selection based on the level of risk
- Reinforces correct donning and doffing practices
- Strengthens understanding of Standard and Transmission-Based Precautions
- Promotes consistent hand hygiene at the appropriate moments
- Reinforces the need to follow organisational infection prevention and control policies and procedures

Evidence for Audits

- Staff infection prevention and control education
- PPE selection education
- Donning and doffing education
- Hand hygiene education
- Scenario-based learning
- Module knowledge checks

Auditor Summary

The course provides a structured learning experience focused on PPE and hand hygiene practices used across aged care, disability support, healthcare and community services. It develops worker knowledge of risk-based PPE selection, correct donning and doffing, Standard and Transmission-Based Precautions, and effective hand hygiene. Scenarios and knowledge checks reinforce application of these principles in everyday care and support.

Source note: Course content in this guide is limited to the supplied PPE & Hand Hygiene course. The standards-alignment headings identify the aged care and NDIS areas to which that course content relates; they are not a statement that course completion alone establishes organisational compliance.