

Master CNA PPE Skills Test

Perfect your PPE donning and doffing technique for all testing providers. This checklist addresses the gown tying challenge and contamination prevention that causes 92.5% of student errors.

Critical Statistics

92.5% of students commit PPE errors after standard training. 69% of self-contamination occurs during removal. Post-COVID: zero tolerance for contamination risks.

Universal PPE Sequences

DONNING: Hand Hygiene → Gown → Mask → Eye Protection → Gloves

↓ PATIENT CARE ↓

DOFFING: Gloves → Eye Protection → Gown → Mask → Hand Hygiene

Step 1: PPE Donning Sequence

- Perform thorough 20-second hand hygiene before any PPE
- Don isolation gown first - full coverage neck to knees, wrist to wrist
- Secure neck ties, then waist ties behind back (practice bow tying!)
- Apply mask/respirator with secure fit over nose and mouth
- Position eye protection (goggles/face shield) with no gaps
- Don gloves LAST - extend cuffs over gown sleeves completely

Gown Tying Behind Back - Master This!

Bring both waist ties to your dominant side behind back. Make loop with one tie, wrap other around base, push through for bow. Practice with eyes closed daily!

Step 2: PPE Doffing Sequence (Critical!)

- Remove gloves FIRST using inside-out technique
- Pinch outside of first glove, pull off inside-out
- Hold removed glove in still-gloved hand
- Slip fingers under cuff of remaining glove, pull inside-out
- Remove eye protection by side arms/headband only
- Untie gown waist ties first, then neck ties
- Pull gown away by shoulders, turn inside-out while removing
- Remove mask LAST - touch ties/elastic only, never front
- Perform final hand hygiene immediately after all PPE removal

Automatic Failure Triggers

Touching sink with clean hands, wrong removal sequence, cross-contamination during doffing, incomplete hand hygiene. These errors = immediate skill failure.

Step 3: Contamination Prevention

- Never touch contaminated surfaces after hand hygiene
- Keep gown from touching floor during removal
- Dispose of all PPE in designated containers

- Maintain inside-out folding throughout gown removal
- Avoid touching front of mask during entire process

Step 4: Provider-Specific Requirements

- NNAAP: Perfect technique required - any contamination = failure
- Prometric: PPE assessed during every skill (Indirect Care)
- Headmaster: PPE combined with clinical tasks in scenarios
- All providers: Verbalize actions clearly when multiple evaluators present

Step 5: Test Day Performance Tips

- Self-correct immediately if you notice contamination
- Verbalize awareness: "I need to wash my hands again"
- Don't panic - evaluators often allow early self-correction
- Focus on patient safety principles, not just memorization
- Remember: every step protects real patients from harm

Daily Practice Schedule

Practice gown tying 2-3 minutes daily with eyes closed. Run through full donning/doffing sequence daily. Focus on muscle memory, not speed!