

# Sterile Gowning Chart



Spiriclen or similar sterile alcohol should be used to swab gloved hands two to three times during the gowning process.



1. Wash hands with an appropriate skin disinfectant. Dry hands with a non-linting wiper.



2. Don disposable headcover prior to entering airlock. Ensure that ears and hair are completely covered.



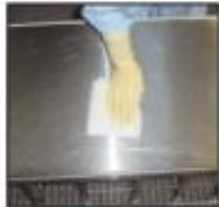
3. Don disposable shoe covers. Take three steps across tacky mat before entering airlock.



4. Enter airlock and don sterile gowning gloves.



5. Select packaged garments. Check the indicator and pouch seal to confirm sterility.



6. Wipe gowning bench with Spiriclen or similar sterile alcohol, using a sterile wiper.



7. Remove hood from pouch without touching outside surface. Don hood and fasten clip closures.



8. Remove coverall from sterile pouch. Take hold of garment at hip level, ensuring that it does not touch the floor.



9. Insert one leg raised into the coverall, careful not to touch the outside. Repeat for other leg.



10. Insert arms into sleeves of coverall without touching the outside of garment.



11. Carefully ease zip up, ensuring that the hood is tucked inside the coverall. Snap shut clip closures.



12. Sit on gowning bench with both feet in grey zone. Lift one leg and don overshoe. Make sure that the overshoe covers the leg of coverall.



13. Swing this foot over to white zone (clean side) of gowning bench. Repeat for other foot.



14. Don mask, ensuring that it adequately covers the nose and mouth. Don safety glasses if required.



15. Don second pair of sterile gloves. Check yourself in mirror to ensure skin and hair are adequately covered.



Enter cleanroom when fully gowned, as illustrated.