

# What is a Personal Risk Assessment?

A **Personal Risk Assessment** should be completed *before* each interaction with a resident. This helps you to determine your need for personal protective equipment (PPE).

## Follow all precautions

Follow all PPE precautions required by public health and/or long-term care homes during an outbreak, such as:



Follow all PPE precautions listed on signs posted outside of a resident's room:



## Ask yourself the following questions

### About the Resident

- Is the resident in isolation or on additional precautions?
- Does the resident have any signs or symptoms of infectious disease?
- Does this resident's behaviour, cognitive state or personal expression increase the risk of exposure?

### About Your Activities

- Where can I find the necessary PPE?
- What activities am I going to be performing?
- Will my activities potentially expose me to bodily fluids?



# Determine PPE based on the activities and residents you will care for

## When there is a risk you will touch:

- broken skin
- body fluids (e.g., blood or vomit)
- secretions
- excretions
- potentially infectious material
- non-intact skin
- mucous membranes (e.g., inside the mouth)

## Put on gloves



*Change your gloves when moving from a contaminated area of the body to a clean area of the body on the same person.*

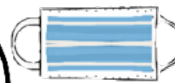
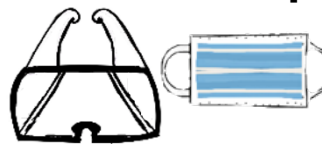
## When your hands have:

- open cuts
- wounds
- broken skin

## When there is a risk your face will be splashed or sprayed with:

- saliva
- blood
- body fluids
- secretions
- excretions

## Put on facial protection



A mask and eye protection



OR a face shield

## When there is a risk your clothing or skin will be splashed or sprayed with:

- saliva
- blood
- body fluids
- secretions

## Put on a gown



### SOURCES

Public Health Ontario. (n.d.). [IPAC Core Competencies – Risk Assessment and Chain of Transmission.](#)

Public Health Ontario (n.d.) [Additional Precautions Signage and Lanyard Cards.](#)