



The Personal Protective Equipment (PPE) Bulletin has been created to provide ongoing direction to healthcare providers regarding the recommended guidelines, processes and provincial supply of PPE. If you have any questions about PPE, please call the OHS Hotline at 1-833-233-4403 or email OHS_Healthcareworkers_COVID19@saskhealthauthority.ca

COVID Fatigue:

It has been three months since the Saskatchewan Health Authority began the continuous and extended mask use strategy and over four months since the first cases of COVID-19 were identified in Saskatchewan. While we understand that fatigue may be setting in, the reality is that COVID-19 is still present in our province. With increasing numbers of cases in the community and in our healthcare facilities, maintaining appropriate physical distancing (> 2 metres), frequent hand hygiene and appropriate PPE use remain essential components for ensuring the health and safety of our healthcare workers and protecting our patients, residents and clients from infection with COVID-19.

Physical distancing in our facilities is still required:

As services continue to resume in our healthcare facilities and family presence increases, we may notice that there are more people in our facilities, in particular in the common spaces like reception and waiting areas. Maintaining physical distancing between yourself and other patients, visitors and colleagues is as important in our healthcare facilities as it is in public spaces like grocery stores and restaurants. In addition to ensuring the protection of those around us, it is our responsibility to act as models and ambassadors for effective infection prevention and control practices. As such, it is important that we observe the public health orders in all areas of our facilities (including elevators, staff rooms, etc.). Refer to this [Safety Talk](#) about the importance of physical distancing.

Extended and additional PPE use:

It is recognized that wearing PPE for long periods of time can create additional health and safety risks such as heat stress and fatigue, which can impact both our staff and those in our care. However, it is extremely important that we remain diligent about wearing and appropriately donning/doffing the recommended PPE, while ensuring the health and safety of our care providers. Refer to the following tools for guidelines and tips.

1. Understand and follow the [current PPE guidelines](#) for your site/area
2. Gloves are not continuous use. Refer to this [Rapid Update](#) for information about appropriate glove selection and use.
3. Ensure you are appropriately [donning and doffing PPE](#) to minimize the risk of self-contamination. If possible, work with a “buddy” and coach each other on the proper steps.
4. With the increasing outdoor temperatures and additional PPE, it is important to ensure you are properly hydrated. Refer to this [safety talk](#) for tips on avoiding dehydration.





Frequently Asked Questions:

1. Should I be disposing of my soiled/used medical mask in a biohazardous waste bin?

No, soiled medical masks would not be considered a biohazardous waste and they can be disposed of in regular trash bins. For a comprehensive definition and description of biomedical waste, refer to [Saskatchewan's Biomedical Waste Management Guidelines](#).