

# Safety and Health Information for Personal Protective Equipment (PPE) & Sanitization Materials

Personal Protective Equipment (PPE) and Sanitization materials are essential methods to mitigate community spread of COVID-19. UA Little Rock will provide both to employees and students.

Available PPE include disposable face masks, cloth face coverings, face shields, and disposable gloves (nitrile). Sanitization materials include hand sanitizer, aerosol disinfectant, and disinfecting wipes. The items meet Centers for Disease Control (CDC) and/or Arkansas Department of Health (ADH) guidelines for COVID-19 infection control.

## Disposable Face Mask

These masks are “disposable” which is meant to suggest one-time single use. It is recommended that these masks be reused as long as possible to conserve stocks. As long as they are intact and regularly isolated, they can be viable for use for weeks. Rotate use of your masks at least every 24 – 48 hours, according to [Johns Hopkins Medicine](#). Inspect the mask multiple times during the day when in use. Replace immediately if damaged or compromised.

### *Cleaning and Care*

- a) Use a paper bag or other breathable container to isolate your mask after one-day’s use.
- b) Place it in the bag and close it up.
- c) Leave it in the bag for 48 hours before wearing.
- d) 3 disposable masks will allow for daily rotation.



## Cloth Face Covering (*Recommended for Long Term Use*)

Cloth face coverings are machine washable and are better suited for long term use. Be sure to inspect your face covering at least daily for damage, tears, or other defects to ensure effectiveness.



### *Cleaning and Care*

Hand or machine wash your face covering as necessary. Store in a breathable container (e.g. paper bag) between washes.

## How to wear (Don & Doff)

Avoid touching your face covering and handle by the ear loops.

- Wash your hands or use hand sanitizer before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent
- Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a mask correctly for maximum protection
- **Don't** put the mask around your neck or up on your forehead
- **Don't** touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect

For more information visit the Centers for Disease Control and Prevention at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

## Face Shields

Face Shields can be worn in addition to but not in place of face coverings. Because of the open sides, face shields allow air particulate to easily flow into the wearer's breathing zone. They do however offer added protection for the eyes and for others when in common use areas such as classrooms and meeting rooms.



### *Cleaning and Care*

Face shields may be wiped down with any [EPA-registered](#) household disinfectant or with soap and water.

### **Don & Doff**

To put on your face shield, place the headpiece against your forehead and hold it in place with your fingers with one hand and pull the elastic band over your head with the other hand. Reverse this process to take the face shield off.

## Disposable Gloves

Because disposable gloves are ineffective in stopping the spread of germs unless replaced frequently, UA Little Rock recommends the use of handwashing or hand sanitizer instead. However, if there are situations where disposable gloves are needed, they must be used with care to avoid transferring possible contaminants to other surfaces. They should only be used in a localized room or area and properly disposed of before leaving. It is acceptable to sanitize disposable gloves before leaving the area, however. For instructions on how to properly don and doff disposable gloves, click [here](#). Avoid touching your face at all times whether using gloves or not.



For questions or additional information, contact the Facilities Management Operations Center at 569-3390, Environmental Health and Safety at [EHS@ualr.edu](mailto:EHS@ualr.edu).

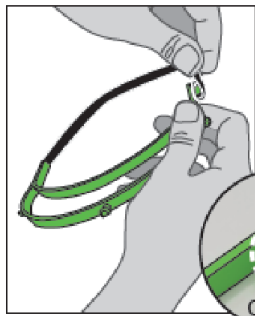
# Face Shield Assembly Instructions

## Gather supplies

- 3D Printed Head Frame (headpiece)
- Elastic Band 12" - 18" in length
- 1 - 8.5" x 11" Rigid Clear Plastic Sheet – 3-hole punched

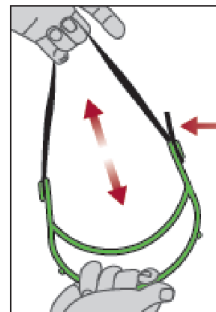


## Attach elastic band



### 5 Attach elastic band to Head Frame

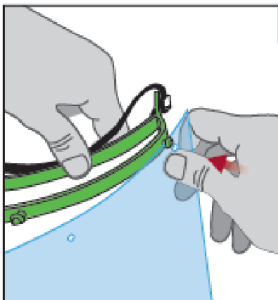
- Pull elastic loop around **CLEATS** on both ends of head frame
- **ENSURE** elastic is **not twisted** between the cleats



### 6 Test elastic band

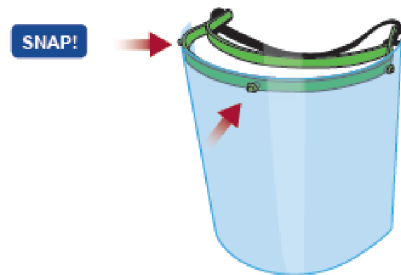
- **TUG FIRMLY** on both knots to make sure the band is secure
- **TRIM** off excess elastic
- **Ensure all materials are sanitized after use**  
**Replace band as needed**

## Attach bottom shield



### 10 Attach Large Plastic Sheet

- Line up holes up with pegs and **"snap"** into place
- Expect to feel some tension at the last peg.*



## Sanitization Materials

Various materials will be available to use for disinfecting purposes.

Hand sanitizer will be widely used as a means to sanitize hands when washing hands is not convenient or available (washing hands using soap and water for at least 20 seconds is the recommended method of hand sanitization by the CDC and ADH). All hand sanitizer distributed by facilities Management contains at least 60% ethanol or isopropyl alcohol as the active ingredient for sanitization. **DO NOT USE METHANOL** based products as they may be toxic and cause related health issues. Most hand sanitizers contain aloe gel and a type of moisturizer. However, hand sanitizers can cause irritation of the skin when

used frequently. Use lotion or other types of moisturizer to help with irritation. Because of high demand, some products do not go through all of the carbon filtration processes they normally would and can have an odor when first applying. This does not affect their ability to disinfect and the odor dissipates quickly. Hand sanitizers are for external use only.

Surface disinfectants are used to rid surfaces of bacteria and viruses where infectious materials can be transferred by touch. Below is a list of primary disinfectants used by the university. All listed are EPA registered.

Product	Manufacturer	Application	Company Website
Bioesque	Bioesque Solutions	Fog	<a href="https://bioesquesolutions.com/botanical-disinfectant-solution/">https://bioesquesolutions.com/botanical-disinfectant-solution/</a>
Oxivir TB	Diversey	Wipe/Spray	<a href="http://www.diverseyvericlean.com/diversey-vericlean-system/products/disinfectants/oxivir-tb">http://www.diverseyvericlean.com/diversey-vericlean-system/products/disinfectants/oxivir-tb</a>
Virex II 256	Diversey	Spray	<a href="https://diversey.com/en/product-catalogue/virex-ii-256-one-step-disinfectant-cleaner-and-deodorant-54334">https://diversey.com/en/product-catalogue/virex-ii-256-one-step-disinfectant-cleaner-and-deodorant-54334</a>
Clorox Disinfecting Wipes	Clorox	Wipe	<a href="https://www.clorox.com/products/clorox-disinfecting-wipes/crisp-lemon/">https://www.clorox.com/products/clorox-disinfecting-wipes/crisp-lemon/</a>
Lysol Disinfectant Spray	Lysol	Spray	<a href="https://www.lysol.com/products/disinfectant-spray/lysol-disinfectant-spray-crisp-linen/">https://www.lysol.com/products/disinfectant-spray/lysol-disinfectant-spray-crisp-linen/</a>

The Environmental Protection Agency (EPA) lists materials registered with the agency and have been reviewed for effectiveness. The link to this website is

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>

In addition, why the EPA knows these materials are effective against COVID-19 can be found here:

<https://www.epa.gov/coronavirus/how-does-epa-know-products-list-n-work-sars-cov-2>

For additional information about PPE or material safety, contact Vince Rodgers at [varodgers@ualr.edu](mailto:varodgers@ualr.edu).