



Renfrew County and District Health Unit

FACT SHEET

PPE IN SCHOOLS

Personal protective equipment (PPE) is meant to provide protection and keep the person wearing it safe. Modifying PPE, such as cutting or adding materials, improper fit or sizing, etc., reduces the effectiveness of PPE. Wearing PPE as directed ensures the safety of the school community. The following are answers to questions about modifying PPE.

Can mouth guards be used under a face mask to make breathing easier?

No, the use of a mouth guard is not advised in combination with a medical mask. There is insufficient evidence regarding its potential impact on the performance of the medical mask and respiratory droplet barrier in a workplace setting.



Can I alter the shape or the size of my face shield?



No. Changing the size or shape of the face shield alters the effectiveness.

A face shield fits properly and will protect you when:

- it covers the sides of the face and below the chin;
- it allows proper coverage of staff in relation to the student's position; and
- the band is placed on the widest part of the forehead.

Remember, do not touch the front of the face shield when removing a mask.

Can prescription glasses be worn with side shields added?

No. Prescription eyeglasses are not considered eye protection, regardless of modifications. The perimeter of eyeglasses are still open to respiratory droplet entry. Best practice and occupational health requirements restrict the use of prescription glasses as PPE, even with modifications.



Recommendations for adequate eye protection are limited to:

- face shield;
- goggles; and
- visor attached to a mask.

Modifications to PPE are not acceptable.

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"Optimal Health for All in Renfrew County and District"