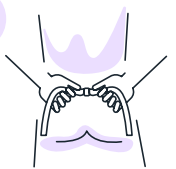


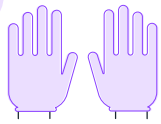



# PPE: Donning and doffing guide

## Before you start

- 1 Wash hands with soap and water, or use alcohol hand gel 
- 2 Make sure you're hydrated 
- 3 Remove jewellery, bracelets, watches or stoned rings 

## Donning (putting on) PPE

- 1  Put on plastic apron, making sure it's tied securely at the back
- 2  If your mask is tied, tie at crown and nape of neck. Make sure mask covers nose, mouth and chin
- 3  Put on eye protection
- 4  Put on non-sterile nitrile gloves
- 5  You are now ready to enter the patient area

## Doffing (taking off) PPE

- 1  Grasp outer glove cuff and peel off, holding in other gloved hand. Insert finger under second glove and peel off
- 2  Perform hand hygiene with soap and water, or alcohol hand gel.
- 3  Snap or unfasten apron ties at neck and allow to fall forward
- 4  Once outside patient room, remove eye protection
- 5  Perform hand hygiene with soap and water, or alcohol hand gel.
- 6  Remove surgical mask.
- 7  Now wash hands with soap and water.

Take control of your shifts

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