

How to take off your PPE (doffing)

SEQUENCE FOR REMOVING PPE	
Remove PPE at doorway or in anteroom	
<p>GLOVES</p> <ul style="list-style-type: none"> • Outside of gloves is contaminated! • Grasp outside of glove with opposite gloved hand; peel off. • Hold removed glove in gloved hand. • Slide fingers of ungloved hand under remaining glove at wrist. • Peel glove off over first glove. • Discard gloves in waste container. 	
<p>HAND HYGIENE</p> <ul style="list-style-type: none"> • Wash hands or use an alcohol based hand rub. 	
<p>PROTECTIVE EYEWEAR OR FACE SHIELD</p> <ul style="list-style-type: none"> • Outside of eye protection or face shield is contaminated! • To remove, handle by head band or ear pieces. • Place in designated receptacle for reprocessing or in waste container. 	
<p>GOWN</p> <ul style="list-style-type: none"> • Gown front and sleeves are contaminated! • Unfasten ties. • Pull away from neck and shoulders, touching inside of gown only. • Turn gown inside out. • Fold or roll into a bundle and discard. 	
<p>MASK</p> <ul style="list-style-type: none"> • Front of mask is contaminated—DO NOT TOUCH! • Grasp bottom, then top ties or elastics and remove. • Discard in waste container. 	
<p>HAND HYGIENE</p> <ul style="list-style-type: none"> • Wash hands or use an alcohol based hand rub immediately after removing all PPE. 	

Reference: NHMRC Australian Guidelines for the Prevention and Control of Infection in Healthcare (2019)