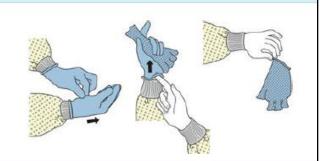
How to take off your PPE (doffing)

SEQUENCE FOR REMOVING PPE

Remove PPE at doorway or in anteroom

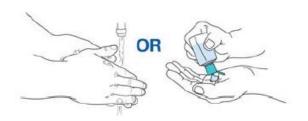
GLOVES

- · 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.



HAND HYGIENE

· Wash hands or use an alcohol based hand rub.



PROTECTIVE EYEWEAR OR FACE SHIELD

- 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.



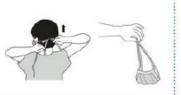
GOWN

- · 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.



MASK

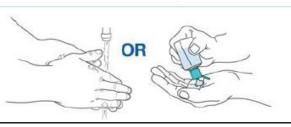
- Front of mask is contaminated—DO NOT TOUCH!
- Grasp bottom, then top ties or elastics and remove.
- · Discard in waste container.





HAND HYGIENE

 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)

