

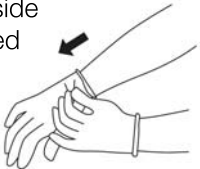
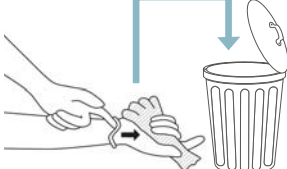









# How to work safely

## Taking off personal protective equipment (PPE)

PPE should be removed in an order that minimises the risk of self-contamination

• **Gloves and apron should be taken off at the end of the task and disposed of into a bin (liner) within the resident/client's place of care (room)**

• **Hand hygiene is important to protect you and your clients/residents. At each step asking you to "clean your hands", please follow this: Wash hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available**

<p><b>1</b> Remove gloves. Grasp the outside of glove with the opposite gloved hand; peel off. Hold the removed glove in the remaining gloved hand.</p>		<p>Slide the fingers of the un-gloved hand under the remaining glove at the wrist. Peel the remaining glove off over the first glove and discard.</p>		
<p><b>2</b> Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p> 	<p><b>3</b> Apron. Unfasten or break apron ties at the back of the neck and let the apron fold down on itself.</p> 	<p>Break waist ties at the back and fold apron in on itself – <b>this will be contaminated.</b> Discard into a bin or bin liner before leaving the room.</p> 		
<p><b>4</b> Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p> 	<p><b>5</b> When 2m from the client, carefully remove eye protection by the sidearms and discard or disinfect for next use. Wear gloves to disinfect if soiled or after contact with a symptomatic or positive COVID resident/client.</p> 	<p><b>6</b> Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p> 		
<p><b>7</b> <b>Step 1:</b> facemask. At a designated doffing station (eg sluice/room), remove and dispose of your facemask if</p> <ol style="list-style-type: none"> <li>you were caring for a suspected or confirmed infectious (COVID) person</li> <li>the mask is soiled</li> <li>you are taking a break</li> </ol>	<p><b>Step 2:</b> do not touch the front of the mask but remove by the ear loops/ties</p> 	<p><b>Step 3:</b> discard directly into a bin (liner)</p> 	<p><b>Step 4:</b> clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p> 	<p><b>Step 5:</b> don't forget to put on a clean facemask before contact within 2m of anyone else</p> 