UK Health Security Agency

How to work safely

Taking off personal protective equipment (PPE)

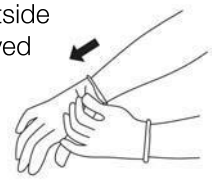
Withdrawn 1 April 2022

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**

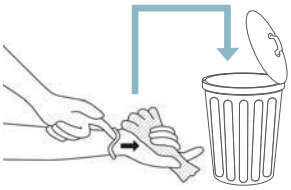
1 Remove gloves. Grasp the outside of glove with the opposite gloved hand; peel off.

Hold the removed glove in the remaining gloved hand.



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.



2 Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available

3 Apron. Unfasten or break apron ties at the back of the neck and let the apron fold down on itself.

Break waist ties at the back and fold apron in on itself – do not touch the outside – **this will be contaminated.**

Discard into a bin or bin liner before leaving the room.

4 Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available

5 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.

6 Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available

7 **Step 1:** facemask. At a designated doffing station (eg sluice/room), remove and dispose of your facemask if

a. you were caring for a suspected or confirmed infectious (COVID) person
b. the mask is soiled
c. you are taking a break

Step 2: do not touch the front of the mask but remove by the ear loops/ties

Step 3: discard directly into a bin (liner)

Step 4: clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available

Step 5: don't forget to put on a clean facemask before contact within 2m of anyone else

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