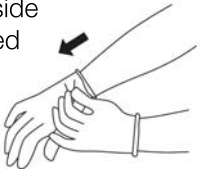
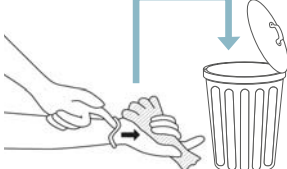










How to work safely

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>1 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 ungloved hand under the remaining glove at the wrist. Peel the remaining glove off over the first one and discard.</p>		
<p>2 Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p> 	<p>3 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 – this will be contaminated. Discard into a bin or bin liner before leaving the room.</p> 		
<p>4 Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p> 	<p>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.</p> 	<p>6 Clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p>		
<p>7 Step 1: facemask. At a designated doffing station (eg sluice/room), remove and dispose of your facemask if</p> <ol style="list-style-type: none"> you were caring for a suspected or confirmed infectious (COVID) person the mask is soiled you are taking a break 	<p>Step 2: do not touch the front of the mask but remove by the ear loops/ties</p> 	<p>Step 3: discard directly into a bin (liner)</p> 	<p>Step 4: clean hands and wrists to elbows thoroughly with water and soap, or sanitiser if water and soap is not available</p> 	<p>Step 5: don't forget to put on a clean facemask before contact within 2m of anyone else</p> 