How to work safely as a home carer
Putting on personal protective equipment (PPE)

Before putting on your PPE:
This is the type of PPE needed when providing personal care which requires you to be in direct contact with the resident(s) (e.g. touching) or within 2 metres of a resident who is coughing.

- make sure you drink some fluids before putting on your PPE
- tie hair back
- remove jewellery
- check PPE in the correct size is available

1. Clean your hands using alcohol hand rub/gel or use soap and water.

2. Put on apron and tie at waist.

3. Put on facemask – position upper straps on the crown of your head, lower strap at nape of neck.

4. With both hands, mould the metal strap over the bridge of your nose.

5. Don or put on your eye protection, if required due to the risk of splashing.

6. Put on gloves.

Please see the Putting on and taking off PPE – a guide for care homes video here: https://youtu.be/ozY50PPmsvE