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

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

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.

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