



Guide to donning (putting on) and doffing (removing) PPE (non-AGP) in adult social care settings



The items of PPE you need will depend on the caring scenario and whether the person you're caring for has a suspected or confirmed acute respiratory infection (ARI), including COVID-19. See details in the infection prevention and control ARI guidance:

<https://www.gov.uk/government/publications/infection-prevention-and-control-in-adult-social-care-acute-respiratory-infection>

Putting on PPE

Before putting on your PPE

Make sure you drink some fluids

Tie hair back

Remove jewellery

Check which items of PPE you need

Check PPE in the correct size is available

1



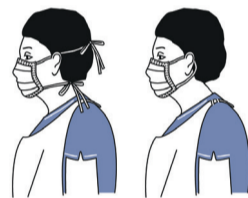
Clean your hands and wrists using alcohol-based hand rub or gel, or use soap and water

2



Put on apron and tie at waist

3



Put on face mask

4



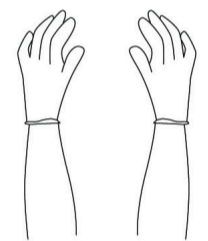
Fit mask around nose. Cover mouth and chin

5



Put on eye protection

6

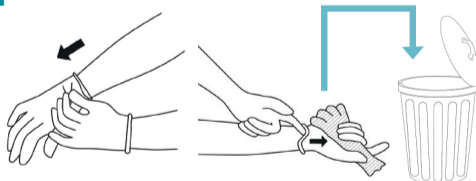


Put on gloves if exposure to blood or body fluids is likely (risk assess). Change gloves and clean hands between tasks

Taking off PPE

PPE should be removed in the order shown below

1



Remove gloves

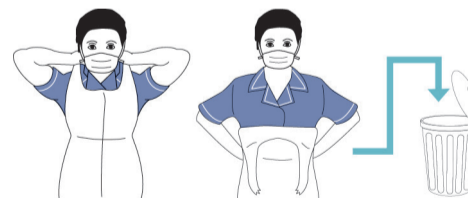
Do not touch the outside front of the gloves, they will be contaminated

2



Clean hands and wrists (and forearms if necessary) with alcohol-based hand rub or gel, or use soap and water

3



Remove apron

Do not touch the outside front of the apron, this will be contaminated

4



Clean hands and wrists again with alcohol-based hand rub or gel, or use soap and water

5



When at least 1m from the client, carefully remove eye protection by the sidearms or side straps. Discard (or disinfect for next use)

6



Clean hands and wrists again with alcohol-based hand rub or gel, or use soap and water

7



Remove mask

Do not touch the front of the mask but remove by the ear loops or ties

8



Clean hands and wrists again with alcohol-based hand rub or gel, or use soap and water

9



If required, put on a clean face mask before contact with others in a care setting or service