

Putting on your personal protective equipment (PPE) (in order shown)

Before putting on your PPE – Tie back your hair. Remove jewellery, including bracelets, watches and stoned rings. Perform hand hygiene.

1 Apron



Pull over head and fasten at the back of waist.

2 Mask



Put on your surgical face mask, if tied, make sure securely tied at crown and nape of neck. Once it covers the nose, make sure it is extended to cover your mouth and chin.

3 Eye Protection



Place over face and eyes and adjust to fit securely.

4 Gloves



Select according to hand size. Extend to cover wrist.

Removing your PPE (in order shown)

Gloves and apron must be changed between service users. Surgical face masks and eye protection can be used per session. Hand hygiene should include exposed forearms.

1 Gloves



Outside of gloves are contaminated. Grasp outside of the glove with opposite gloved hand, peel off.



Hold the removed glove, in gloved hand. Slide fingers of the ungloved hand under the remaining glove at wrist. Peel 2nd glove off over 1st glove. Discard into appropriate waste bag.

2 Perform Hand Hygiene



3 Apron



Apron front is contaminated. Break or undo ties. Pull apron away from neck and shoulders touching inside only.

Fold and roll into a bundle. Discard into appropriate waste bag.

4 Eye Protection



Outside of goggles are contaminated. Handle by the headband or sides only.

Clean and disinfect.

5 Perform Hand Hygiene



6 Mask



Front of mask is contaminated. Unfasten the bottom then top tie. Pull away from face without touching front of mask.



Discard into appropriate waste bag.

7 Wash hands with soap & water



- Remember:**
- ✓ Keep hands away from face and from PPE being worn.
 - ✓ Change gloves when torn or heavily contaminated.
 - ✓ Regularly perform hand hygiene.
 - ✓ Limit surfaces touched in the service user environment.
 - ✓ Always clean hands after removing gloves.
 - ✓ The type of PPE will vary based on the type of exposure.