

Action Card

Removing PPE (doffing)

When removing PPE the correct technique is essential to avoid touching the most contaminated areas of PPE eg, the outside of gloves and front of aprons/gowns, eye protection, and FRSM/RPE.

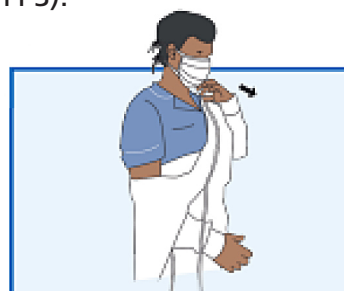
The order for removing PPE is Gloves, Apron or Gown, Eye Protection, Fluid-Resistant Surgical Mask (FRSM) or Respiratory Protection Equipment (RPE) (FFP3).¹



Gloves: Pinch and lift the outside of the glove in the palm area with the opposite gloved hand; peel off while turning inside out. Hold the removed glove in the gloved hand. Slide two fingers of the ungloved hand under the remaining glove at the wrist. Peel the second glove off over the first glove and discard.



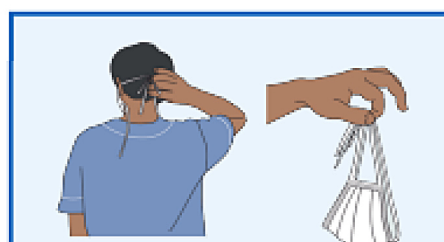
Apron: Unfasten or break neck ties and allow apron to fall forward. Unfasten or break waist ties and pull apron away from the body touching the inside only. Fold or roll into a bundle and discard.



Gown: Unfasten neck, then waist ties. Remove using a peeling motion; pull gown from each shoulder towards the same hand turning gown inside out. Hold removed gown away from body, fold or roll into a bundle and discard.



Eye Protection (Goggles/Face shield): Handle eye protection only by the headband or the sides. Face shields/goggles should be removed by grasping sides and pulling directly forward, away from face. To remove goggles with an elasticated headband, tilt head forward and grasp the headband with index fingers and thumbs, lift the headband upwards whilst pushing frame away from face, lower goggles away from face and discard.



FRSM or RPE (FFP3)¹: Unfasten the ties - first the bottom, then the top or, if elasticated, pull top and bottom elastics together. Handling the ties/elastics only pull away from the face without touching front of mask/respirator and discard.

All PPE should be removed before leaving the care area and immediately disposed of into the appropriate waste stream, or a designated receptacle for reusable PPE.

Perform hand hygiene immediately upon removal of PPE.

1. Reusable RPE including powered hoods may require a different order for putting on and removing, please refer to your local policy if applicable.