## **Best Practice - Putting on and removing PPE**

Use safe work practices to protect yourself and limit the spread of infection

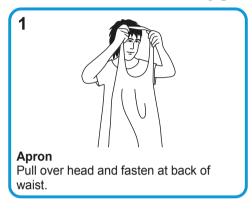
- Keep hands away from face and PPE being worn.
- Change gloves when torn or heavily contaminated.
- Limit surfaces touched in the patient environment.
- Regularly perform hand hygiene.
- Always clean hands after removing gloves.

NB Masks and goggles are not routinely recommended for contact precautions. Consider the use of these under standard infection control precautions or if there are other routes of transmission.

The type of PPE used will vary based on the type of exposure anticipated, and not all items of PPE will be required. The order for putting on PPE is Apron or Gown, Surgical Mask, Eye Protection (where required) and Gloves. The order for removing PPE is Gloves, Apron or Gown, Eye Protection, Surgical Mask.

## 1. Putting on Personal Protective Equipment (PPE).

Perform hand hygiene before putting on PPE





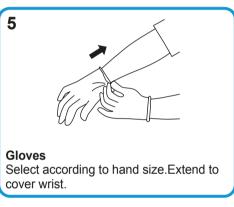
Gown/Fluid repellent coverall Fully cover torso neck to knees, arms to end wrist and wrap aroundthe back. Fasten at the back



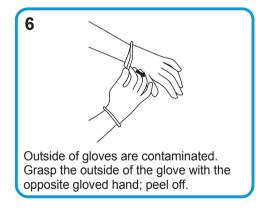
Surgical mask (or respirator) Secure ties or elastic bands at middleof head and neck. Fit flexible band to nose bridge. Fit snug to face and below chin.Fit/check respirator if being worn.



**Eye Protection (Goggles/Face Shield)** Place over face and eyes and adjust to



## 2. Removing Personal Protective Equipment (PPE)

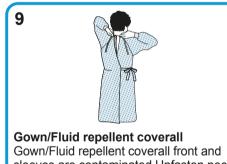




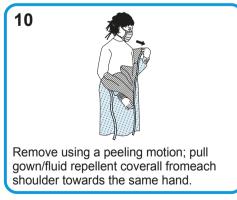
Hold the removed glove in the gloved hand. Slide the fingers of the ungloved handunder the remained glove at the wrist. Peel the second glove off over the first glove. Discard into an appropriate lined waste bin.



Apron front is contaminated. Unfasten or break ties. Pull apron away from neck and shoulders touching inside only. Fold and roll into a bundle. Disacard into an appropriate lined waste bin



sleeves are contaminated. Unfasten neck, then waist ties





Gown/fluid repellent coverall will turn inside out. Hold removed gown/fluid repellent coverall away from body, roll into a bundle and discard into an appropriatelined waste bin or linen receptacle.



Eye Protection (Goggles/face shield) Outside of goggles or face shield are contaminated. Handle only by the headband or the sides. Discard into a lined waste bin or place into a receptacle for reprocessing/ decontamination.



Surgical Mask (or repiratory) Front of mask/respirator is contaminated - do not touch. Unfasten the ties - first the bottom, then the top. Pull away from the face without touching front of mask/respirator. Discard disposable items into an appropriate lined waste bin. For reusable respirator place in designated receptacle for processing/ decontamination.

- Perform hand hygiene immediately on removal.
- All PPE should be removed before leaving the area and disposed of as healthcare waste.





Part of the National Infection Prevention and Control Manual (NIPCM), available at: <a href="http://www.nipcm.hps.scot.nhs.uk/">http://www.nipcm.hps.scot.nhs.uk/</a>.

Produced by: Health Protection Scotland, July 2018.