

## Putting on (donning) personal protective equipment (PPE)

Think  
"GREG"

This is undertaken outside the patient's room.

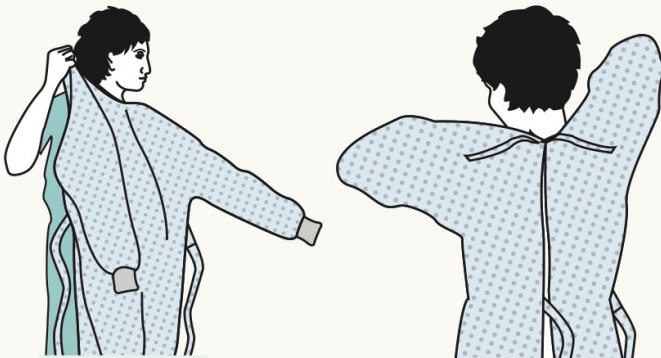
### Pre-donning instructions

- Ensure healthcare worker hydrated
- Tie hair back
- Remove jewellery, ID badge and phone
- Check recommended PPE is available

**Perform hand hygiene before putting on PPE**

1

**Put on the long-sleeved fluid repellent disposable gown**



2

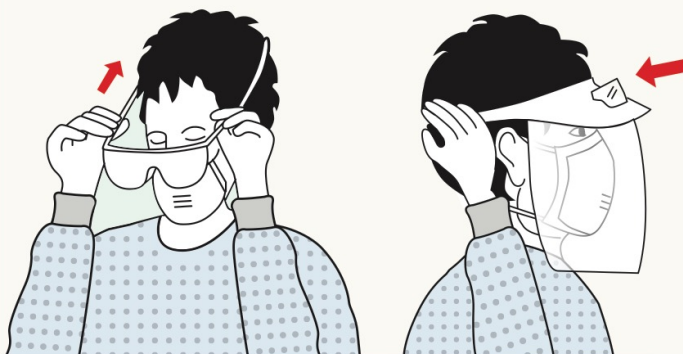
**Respirator**  
Perform a fit check.



3

**Eye protection**

Goggles or visor



4

**Gloves**

Ensure gloves cover cuff of gown



**Double Gloves recommended:**  
Surgical – inner  
Blue Nitrile – outer\*

**HAVE YOU GOT A BUDDY?****Removal of (doffing) personal protective equipment (PPE)**

PPE should be removed in an order that minimises the potential for cross contamination.

**The order of removal of PPE is as follows:**

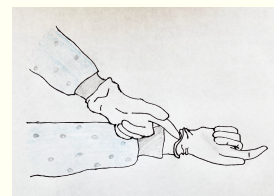
**1**

**Outer Gloves** - Outsides of gloves are contaminated. **Do not** remove inner gloves.

A. Grasp the outside of the glove with the opposite hand, peel off and discard.



B. Slide finger of the single-gloved hand under the outer glove of the other hand at the wrist, peel the remaining outer glove and discard.

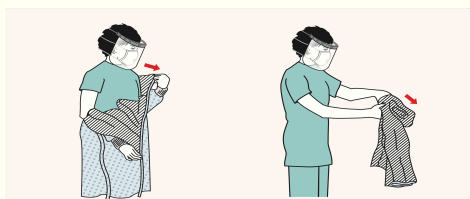
**2**

**Gown and Inner Gloves (SLOWLY! – assume outsides are contaminated)**

Hold the gown at the shoulders and pull away from you. Lean forwards.

Roll the gown down your arms away from you, and take your inner gloves off with the gown.

Take care not to touch the outside of your gown or gloves. Roll the gown and gloves into a bundle and gently place into orange bin.



Clean hands with alcohol gel

**3**

**Eye protection** - the outside will be contaminated

Carefully lean forwards. Remove using rear strap



Clean your hands With alcohol gel

**4**

**Respirator**

Clean hands with alcohol hand rub. Do not touch the front of the respirator as it will be contaminated



Lean forwards. Remove from behind using straps and discard in bin.

EXIT ROOM BEFORE REMOVING MASK

**5**

Wash hands with soap and water

**6**

Clean shoes if required. Wash hands again.