Best Practice: Appendix 6 - 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 eye and face protection are not routinely recommended for contact precautions. Eye/face protection should be worn when there is an anticipated risk of splashing and/or spraying of blood or bodily fluids.

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/Face Protection (where required) and Gloves. The order for removing PPE is Gloves, Apron or Gown, Eye/Face Protection, Surgical Mask.

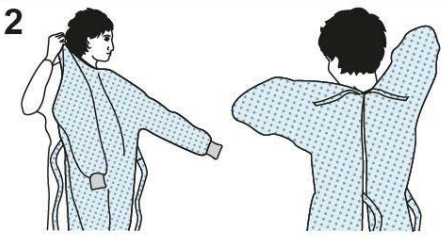
1. Putting on Personal Protective Equipment (PPE)

- **Perform hand hygiene before putting on PPE. NB:** The order for putting on PPE where sterility is required differs from the images outlined below in order to prevent contamination of sterile PPE during the process. The order for putting on PPE for a sterile procedure is as follows: Surgical Mask, Eye/Face protection, (Perform Surgical hand antisepsis), Sterile Gown and Sterile Gloves.

1

Apron
Pull over head and fasten at back of waist.

2



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

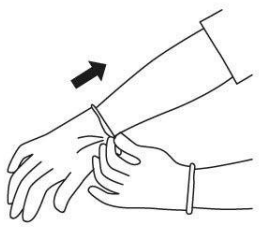
3

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

4

Eye/Face protection
Place over face and eyes and adjust to fit.

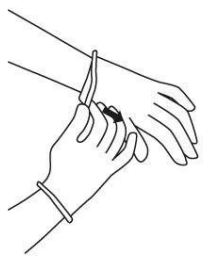
5



Gloves
Select according to hand size. Extend to cover wrist.

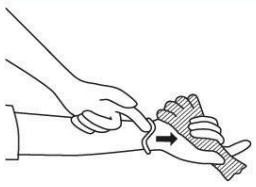
2. Removing Personal Protective Equipment (PPE)

6



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

7



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

8

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

9

Gown/Fluid repellent coverall
Gown/Fluid repellent coverall front and sleeves are contaminated. Unfasten neck, then waist ties.

10

Remove using a peeling motion. Pull gown/fluid repellent coverall from each shoulder towards the same hand.

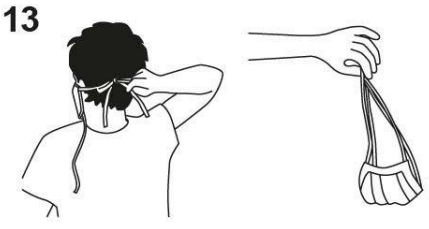
11

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 appropriate lined waste bin/linen receptacle. Perform hand hygiene.

12

Eye/Face protection should be removed using two hands and by handling parts that attach equipment to the wearers head (e.g. headband or side arms). Reuseable eye/face protection should be cleaned and/or disinfected after use or placed in a designated container for subsequent cleaning and/or decontamination.

13



Surgical Mask (or respirator)
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 following disposal of PPE into appropriate waste bin**
- **Respiratory protective equipment (RPE) should be removed in the anteroom/lobby or in a safe area, for example outside the isolation/cohort room/area. All other PPE should be removed in the patient care area.**

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