How to doff (take off) PPE

Personal Protective Equipment (PPE)

Doff PPE in the following order

1 Gloves
   - Pinch the palm or wrist area of one glove. Peel away from the hand.
   - Insert one or two fingers under the cuff of the second glove.
   - Peel away from the inside out.
   - Discard in regular waste bin.
   - Perform hand hygiene.

2 Gown
   - Unfasten neck ties, then the back or waist ties.
   - Touching only the inside of the gown, pull gown away from neck and shoulders.
   - Turn gown inside out and roll into a bundle.
   - Place in soiled laundry hamper (if reusable) or in regular waste bin (if disposable).
   - Perform hand hygiene.

3 Eye protection
   - If you are less than 2 metres away from the patient, exit the room/area first. Perform hand hygiene.
   - Without touching the front, grasp the back or side straps.
   - Remove the eye protection by grasping the straps slightly upwards and then away from head and face.
   - Place in receptacle for reprocessing (if reusable) or in regular waste bin (if disposable).
   - Perform hand hygiene.

4 Medical mask
   - If you are less than 2 metres away from the patient, exit the room/area first. Perform hand hygiene.
   - Lean forward slightly.
   - For a mask with ties, break/untie the bottom tie first, and then the top one.
   - Without touching the front, gently remove the mask from behind by holding both ear loops or ties.
   - Discard the used mask in regular waste bin.
   - Perform hand hygiene.
   OR

4A N95 respirator or equivalent
   - Leave the patient room, into the anteroom if available. Perform hand hygiene.
   - Learn forward slightly.
   - Without touching the front, pull the bottom strap up and over the head.
   - While still holding onto the bottom strap (if able), pull the top strap up and over the front of the head and away from the face.
   - Discard the used respirator in regular waste bin.
   - Perform hand hygiene.

IMPORTANT:
Perform hand hygiene using alcohol based hand rub or soap and water after removing each piece of PPE.