

# Sequence for donning (putting on) and doffing (taking off) Personal Protective Equipment - Coveralls

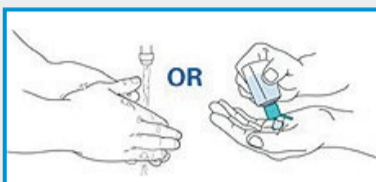
To reduce the risk of transmission of infectious agents, personal protective equipment (PPE) must be used appropriately. The following tables outline sequences and procedures for donning (putting on) and doffing (taking off) PPE.

## Sequence for DONNING (putting on) PPE

Put on PPE before entering the room or red zone.

### 1. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub.



### 2. PUT ON COVERALLS

- Step into coveralls and pull up over waist
- Put arms into sleeves, (where thumb loops available place these over your thumbs)
- Pull up over the shoulders
- Fasten zip completely up to chin.



**Note** – use hood as per local policy/procedure.

### 3. PUT ON MASK

surgical mask or particulate filtration respirator (PFR) i.e. P2/N95 or equivalent

#### Surgical mask

- Secure ties or ear loops
- Mould the nose piece into the mask
- Position surgical mask over nose, mouth then chin.



#### PFR

- Position according to [training](#) and manufacturer's instructions
- Perform fit check.

### 4. PUT ON EYE PROTECTION

goggles, safety glasses or face shield

- Place over face and eyes
- Adjust to fit.

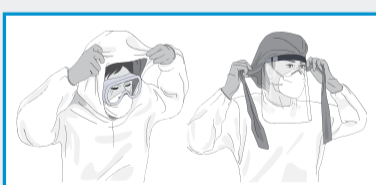
**Note** – prescription glasses are not considered as eye protection



### 5. PUT ON COVERALL HEAD COVER

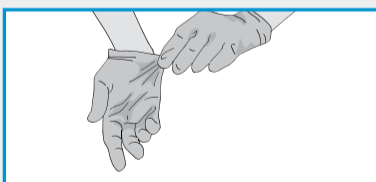
(if applicable to task and as per training)

- Pull head cover over head ensuring all PPE is enclosed
- Ensure covering head and hair not exposed (including facial hair).



### 6. PUT ON GLOVES

- Fit gloves over the cuffs ensuring the coverall sleeves are covered by the glove.

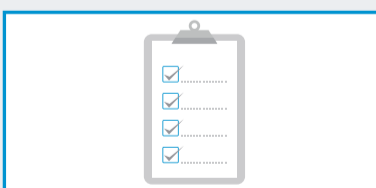


### 7. PPE CHECK

- Check all items of PPE are correctly in place
- Check integrity of PPE

**Note** – Do not touch mask or eye protection again once PPE check has been completed.

Consider using a staff member 'buddy' to assist with correct donning and doffing.

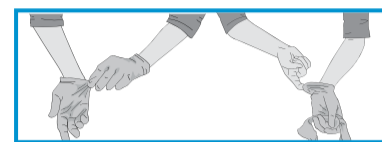


## Sequence for DOFFING (taking off) PPE

Outside surfaces of PPE are considered to be contaminated. Remove PPE outside room /doffing station.

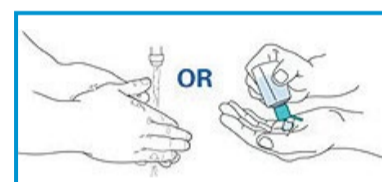
### 1. REMOVE GLOVES

- Grasp outside with opposite gloved hand and peel off
- Hold removed glove in the gloved hand
- Slide fingers of ungloved hand under the remaining glove at wrist
- Peel glove off over first glove
- Discard gloves in waste container.



### 2. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub.



### 3. REMOVE COVERALLS

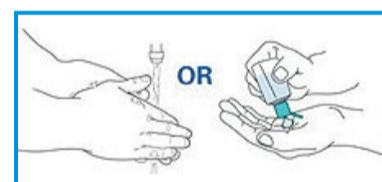
- Take hold of zip fastener and without touching neck, unzip to end
- Place both hands inside head cover (if worn/applicable) and roll cover to neck without touching outside surface of head.
- Place one hand inside boiler suit at shoulder and ease down arm changing sides until the sleeve is removed but holding onto sleeves so that it does not hang loosely
- Holding the inside of both sides slowly roll the suit inside out to feet
- Slide remainder of suit over shoes, rolling the suit up on floor (inside out) and placing into waste container
- You may need to sit for this process
- Ensure if a chair or bench is used that it is wiped down thoroughly with disinfectant wipes
- Discard in waste container.



### 4. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub.

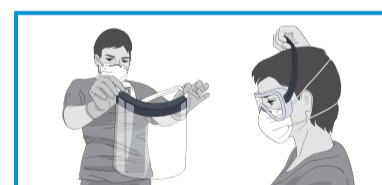
**Note** – if practising [PPE optimisation](#), stop doffing at stage 4. Check PPE for any integrity breaches or visible contamination.



### 5. REMOVE EYE PROTECTION

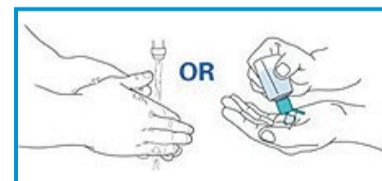
goggles, safety glasses or face shield

- Do not touch the front surfaces
- Handle by head band or side arms
- Place in a designated container for reprocessing or in waste container if using disposable eye shield.



### 6. PERFORM HAND HYGIENE

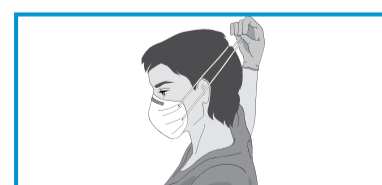
- Wash hands or use an alcohol-based hand rub.



### 7. REMOVE MASK

surgical mask or particulate filtration respirator (PFR) i.e. P2/N95 or equivalent

- Do not touch the front of the mask
- Grasp lower, then top, ties or elastics and remove as per [training](#) and as per manufacturer's instructions
- Ease mask away from face leaning forward
- Discard in waste container if disposable.



### 8. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub immediately after removing all PPE.

