



Residential Aged Care Facilities Personal Protective Equipment (PPE) education: donning and doffing

Putting on (donning) PPE

PPE is to be put on in the following order to minimise the potential for cross contamination – see [poster](#) for sequence

Before putting on PPE:

- check the PPE required for the task
- select the correct size of PPE – gloves, mask and gown
- perform hand hygiene.

When wearing PPE:

- keep hands away from face and the PPE being worn
- change gloves when torn or heavily contaminated
- limit the surfaces touched in the care environment
- always perform hand hygiene after removing gloves.

PPE should be put on before entering resident's room – see [poster](#) for sequence

Gown

- Put on gown and tie at the back or side
- Ensure the back of clothing is covered.

Mask

- **If the mask has ties**, tie the mask straps at the middle of head and neck
- Mould the metal strap of the mask over the bridge of the nose
OR
- **If the mask has ear loops**, loop the ear straps over the ears
- Mould the metal strap of the mask over the bridge of the nose

Goggles/eye protection

- Apply goggles to face.

Gloves

- Fit gloves ensuring cuff of gloves cover the cuffs of the gown
- Change gloves when torn or heavily contaminated
- Limit the surfaces touched in the care environment.

Removal (doffing) PPE

PPE is to be removed in the following order to minimise the potential for cross contamination – see [poster](#) for sequence

Gloves

- Pinch the first glove at the wrist and invert as it peels off your hand
- Hold the removed glove in first hand
- Using index finger peel the second glove from the inside and invert over the hand
- Discard gloves in bin
- **Perform hand hygiene.**

Gown

- Remove gown by untying and remove from the shoulder
- Invert gown and wrap into a ball away from the body
- Discard into bin
- **Perform hand hygiene.**

Eye protection

- Remove eye protection by only touching the side frames
- If disposable, discard in bin
- **Perform hand hygiene.**

Mask

- **If the mask has ties**, untie the mask, bottom tie first, then top strap
- Touching the straps only remove away from the face
- Discard into bin
- OR
- **If the mask has ear loops**, remove ear loops from ears
- Touching the loops only remove away from face
- Discard into bin
- **Perform hand hygiene**

Hand hygiene – how to wash your hands

See [poster](#) for details

Soap and water

- Wet hands and apply soap
- Lather for at least 20 seconds, pay attention to back of the hands and fingers, fingernails and webbing between fingers
- Rinse hands thoroughly under running water
- Dry hands with clean paper towel.

Hand sanitiser (alcohol-based hand rub/gel)

- Apply enough product to cover both hands
- Rub all surfaces of both hands
- Rub hands together until dry.

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