

# Personal Protective Equipment (PPE) for suspected high consequence infectious diseases

## How to remove PPE (doffing).

Removal of PPE must be done with a buddy - follow their instructions.  
The products shown are for illustrative purposes only.

- open the door out of the patient room. Ensure a buddy is available to observe PPE removal. If buddy is not present, shout for attention of a staff member to assist you, **DO NOT attempt to remove PPE without a buddy**
- ensure demarcated PPE removal areas are clearly marked before starting the process. **Do not exit into clean / Green zone wearing PPE**
- if aware of any PPE breach or high-exposure contamination to PPE, inform the buddy before removing PPE

### Step 1

- Remove your apron by pulling forward from the front of the apron to break the neck and waist strings.
- Roll the dirty outer side of the apron into itself, keeping hold of the inner 'clean' side.
- Continue to roll it up, and then place in the bin.



### Step 4

- To remove your visor, stand straight, **do not bend forwards**, as this brings the bottom of the visor into contact with your (clean) upper body.
- Reach for the elastic strap at the back of the head, **close your eyes** and lift the strap upwards then over the head.
- Place the visor into the bin.



### Step 2

- Remove your top gloves without touching the pair below. Glove removal should follow one of two 'pinch and pull' methods (HSE or Health Education England's e-Learning for Healthcare), according to whichever the wearer is already trained in.



### Step 5a (front opening hood):

- Remove the hood touching **only** its outer surface.
- Bring your hand towards the chin area and locate the upper Velcro fastening on the hood.
- Slowly release the Velcro fastening and pull out to the side, keeping it in your vision.
- Repeat for the Velcro fastening at the base of the hood.



### Step 3

- Untie the gown at the waist.
- Remove by grabbing shoulder areas and pulling to release the Velcro at the back of the neck.
- Pull the gown away from the body, folding inside out, and gathering up the material. The taped long gloves should come off with your gown.
- Carefully place into the bin but **do not push down**.



### Step 5b (closed neck hood):

- Remove the hood touching **only** its outer surface.
- If the elasticated rim of the face opening is under the rim of the lower edge of the mask, carefully pull the hood forward slightly at chin level to free it.



### Step 6

- To lift off the hood, **close your eyes** and bend forwards from the waist/hips, making sure you keep your chin well away from your chest.
- Lift the hood up and over the head, then away from you.
- Stand straight again and place the hood into the bin.



### Step 7

- Remove your bottom gloves using the same technique as before and dispose into bin.



### Step 8

- The buddy will dispense alcohol gel into your hands for hand hygiene.
- Perform hand hygiene using the 6-step technique.
- Ensure alcohol gel is completely dry before proceeding to next step.



### Step 9

- Remove FFP3 respirator by standing up straight and reaching to the back of the head to find the bottom strap and bring it up to the top strap.
- Lift straps over the top of the head. **Avoid bending your neck** as this allows the respirator to touch your upper body.
- Let the respirator fall away from your face and place in the bin.



### Step 10

- To remove your boots, move towards the clean zone so that you can easily step into it. The clean zone should be clearly marked.
- If needed, step onto each heel to loosen before either boot is removed.
- Step out of boot into the clean zone. **Do not step back into the dirty area.** A buddy in the green zone may support boot removal.



### Step 11

- Turn round, pinch the inner surfaces of boots together and place into the bin.
- **Do not touch the outer surfaces.**
- If unable to safely reach from the clean zone, leave boots where they are and the next person to enter doffing zone can move them.



### Step 12

- Used boots should not be re-worn. Boots may be decontaminated by autoclave or other suitable methods identified for HCID pathogens. If these are not available, isolate boots until HCID results known.



### Step 13

- Without touching anything on yourself or in the environment, immediately wash your hands with water and liquid soap using the 6-step technique.

