



# PPE donning and doffing in healthcare settings

## Donning PPE

Before entering the patient room/zone.

1



### Hand hygiene

- Remove jewellery (plain wedding band acceptable)
- Ensure bare below the elbows
- Perform hand hygiene

2



### Fitting gown

- Put the gown on so that your front and arms are fully covered and gown opening is at the back
- Fasten ties at the neck and at the side

3



### Apply and fit mask as per local policy on transmission based precaution

#### Surgical mask

- Metal band fitted across bridge of nose. Fit snugly to face and underneath chin

OR



### Apply and fit mask as per local policy on transmission based precaution

#### Particulate Filter Respirator

- Perform fit check

4



### Fitting goggles or face shield

- Position goggles over eyes, or face shield over face
- Adjust if necessary

5



### Hand hygiene

- Perform hand hygiene

6



### Fit gloves over cuff of gown

- Fit gloves, adjusting at the cuffs

## Doffing PPE

Remove gown and gloves before exiting room.  
Remove mask and eyewear in anteroom or outside patient room/zone.

1

### Removing and disposing of gloves



- Remove each glove by gripping at cuffs and roll down carefully
- Immediately dispose of gloves in appropriate waste
- Perform hand hygiene

2

### Removing and disposing of gown



- With clean hands untie gown, side first and then neck
- Touching only the inside of the gown, gently pull from neck and shoulders, then arms, turning inside out as gown is removed
- Roll gown away from your body into bundle and discard in appropriate waste
- Perform hand hygiene

3

### Removing and disposing of goggles / faceshield



- Remove eyewear by handling sides or back only
- Discard or if reusable reprocess with disinfectant wipes, store dry
- Perform hand hygiene

4

### Removing and disposing of mask



- Remove mask by only handling at ties, then discard in appropriate waste
- Perform hand hygiene