

How to Take Off PPE

(N95 Respirator Option)

Take off PPE in a designated PPE removal area (high risk zone)

Place poster in the area where PPE will be taken off

Put all PPE waste in a leak-proof yellow bags (contaminated waste)

The following PPE are recommended for trained observers:

- Single-use (disposable) fluid-resistant gown that extends below knees or overall.
- Single-use (disposable) full face shield.
- Two pairs Single-use (disposable) examination gloves with extended cuffs. At a minimum, outer gloves should have extended cuffs.
- Single-use (disposable) fluid-resistant boots or impermeable shoe covers.

INSTRUCTIONS FOR TRAINED OBSERVER

- ✓ Remind to avoid automatic actions that may put them at risk (e.g., touching their face)
 - ✓ Read aloud each step of the procedure
 - ✓ Healthcare worker repeats back the step they are about perform (talk-back)
 - ✓ Confirm visually that the PPE has been removed properly
 - ✓ Minimize touching healthcare workers or their PPE during the process
 - ✓ If contact with the healthcare worker is made, the trained observer immediately disinfects the outer-gloved hands.
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1. **Take off PPE only with supervision of a Trained Observer:**
 - ✓ Trained Observer reads aloud each step of the procedure
 - ✓ Healthcare worker repeats back the step they are about perform (talk-back)
 - ✓ Confirm visually that the PPE has been removed properly
 2. **Inspect** the PPE to assess for visible contamination, cuts, or tears before starting to remove.
 - ✓ Any PPE visibly contaminated? Use a 1:10 bleach disinfectant wipe.
 3. **Disinfect Outer Gloves:** with a 1:10 bleach disinfectant wipe or ABHR.
 4. **Remove Apron**

- ✓ Break at neck
- ✓ Avoiding contaminating gloves by rolling the apron from inside to outside

5. Inspect:

- ✓ Following apron removal, assess the PPE for visible contamination or cuts or tears. Visibly contaminated? Then disinfect affected PPE using a 1:10 bleach disinfectant wipe or spray.

6. Disinfect Outer Gloves:

- ✓ Disinfect outer-gloved hands with either a 1:10 bleach disinfectant wipe or sanitizer.

7. Remove Boot Covers:

- ✓ Remove boot and discard boot covers using a “hands free” approach by stepping on the back of the cover and lift foot.

8. Disinfect Outer Gloves:

- ✓ Disinfect outer-gloved hands with either a 1:10 bleach disinfectant wipe or ABHR.

9. Remove Outer Gloves

- ✓ Remove and discard outer gloves (do not to contaminate inner gloves during removal)

10. Inspect and Disinfect Inner Gloves:

- ✓ Inspect the inner gloves for visible contamination, cuts, or tears.
- ✓ Any defect? Disinfect gloves, remove gloves, do hand hygiene on bare hands, put on clean gloves.
- ✓ Disinfect the glove with a 1:10 bleach disinfectant wipe or ABHR

11. Remove Face Shield or goggles:

- ✓ Remove the **full face shield** by tilting the head slightly forward, grabbing the rear strap and pulling it over the head, gently allowing the face shield to fall forward and discard.
- ✓ Remove **goggles** but lifting back of strap over your head and pulling out and away.
- ✓ Avoid touching the front surface of the face shield or goggles.

12. **Disinfect Inner Gloves:** Disinfect inner gloves with either a 1:10 bleach disinfectant wipe or ABHR.

13. **Remove Hood:** Unfasten (if applicable) hood, grasp the back of the hood and carefully remove by pulling backwards. Do not touch the inside of the hood.

14. **Disinfect Inner Gloves:** Disinfect inner gloves with either a 1:10 bleach disinfectant wipe or ABHR.

15. **Remove Coverall** and discard.

- ✓ Avoid contact of scrubs with outer surface of suit during removal.
 - ✓ Lift chin.
 - ✓ Find zip at the level of your belly and carefully trace your fingers up to find the zip tab and fasteners with one hand.
 - ✓ Hold outside of top of suit with the other hand. Unzip or unfasten coverall completely before rolling down and turning inside out.
 - ✓ Avoid contact of scrubs with outer surface of coverall during removal, touching only the inside of the coverall.

16. **Disinfect Inner Gloves:** Disinfect inner gloves with either a 1:10 bleach disinfectant wipe or ABHR.

17. **Change Inner Gloves:**

- ✓ Remove and discard gloves taking care not to contaminate bare hands during removal process
- ✓ Perform hand hygiene with ABHR.
- ✓ Put on a new pair of clean gloves.

18. **Remove N95 Respirator:**

- ✓ Tilt the head slightly forward
- ✓ Grasp first the bottom tie or elastic strap
- ✓ Then the top tie or elastic strap.
- ✓ Remove without touching the front of the N95 respirator.
- ✓ Discard N95 respirator.

19. **Disinfect Gloves:** Disinfect gloves with either a 1:10 bleach disinfectant wipe or sanitizer

20. **Disinfect Washable Shoes:**

- ✓ Sit on a new clean surface
- ✓ Starting at the top and finishing with the sole/underside, use a 1:10 bleach disinfectant wipe to wipe down every external surface of the first boot.

- ✓ Do not set down cleaned boot in high-risk area, step into low-risk area,
- ✓ Starting the top and finishing with the sole/underside, wipe down every external surface of the 2nd boot.
- ✓ Do not set down cleaned boot in high-risk area, step into low-risk area,

21. Disinfect and Remove Gloves:

- ✓ Disinfect gloves with either a 1:10 bleach disinfectant wipe or sanitizer.
- ✓ Remove and discard gloves taking care not to contaminate bare hands during removal process. Reach back and place into contaminated waste container on high-risk side.

22. Perform Hand Hygiene: with ABHR.

23. Inspect:

- ✓ Final inspection for any indication of contamination of the surgical scrubs or disposable garments.

Scrubs: Healthcare worker can wear dedicated washable boots and surgical scrubs in low risk area.

Shower:

- ✓ Healthcare workers entering high risk areas may shower or at least change clothes when leaving low risk area.

Clean Floor of PPE removal area with disposable cloth soaked in 1:10 bleach solution after removal is complete.

For breaches in PPE:

- Wash skin with soap and water
- Irrigate mucous membranes with copious amounts of water or an eyewash solution
- Call _____ immediately