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 were 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 coverall.
- 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.

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