Doffing Personal Protective Equipment (PPE)

HOW TO TAKE OFF PPE

The outside of gloves, gown, goggles and mask are contaminated – DO NOT TOUCH.

1. Remove gloves
   Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
   • Hold removed glove in gloved hand and slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
   • Discard gloves into a clinical waste bin.

2. Perform Hand Hygiene
   Use an alcohol based hand sanitiser or wash hands with soap and water.

3. Remove Gown
   • Undo the waist tie
   • Grasp the sides of the gown and pull away from the body breaking the neck loop.
   • Roll the gown inside-out into a bundle.
   • Place gown a clinical waste bin.

4. Perform Hand Hygiene
   Use an alcohol based hand sanitiser or wash hands with soap and water.

5. Remove protective eye wear
   Remove protective eye wear or face shield from the back or by the side arms without touching the front of the eye wear / shield.
   • If disposable – place into a bio-hazard waste bin.
   • If non-disposable – place into receptacle designed for reprocessing.

6. Remove Face Mask
   • Front of mask/respirator is contaminated – DO NOT TOUCH.
   • Grasp bottom ties or elastic band of the mask / respirator, then the ones at the top.
   • Remove without touching your face.
   • Dispose of mask/respirator into waste bin or receptacle.

7. Perform Hand Hygiene
   Use an alcohol based hand sanitiser or wash hands with soap and water.

Adapted from Department of Health and Human Safety Victoria, “How to put on (don) and take off (doff) your personal protective equipment (PPE),” 2020. https://www.dhhs.vic.gov.au