

# Sequence for donning (putting on) and doffing (taking off) Personal Protective Equipment

To reduce the risk of transmission of infectious agents, personal protective equipment (PPE) must be used appropriately.

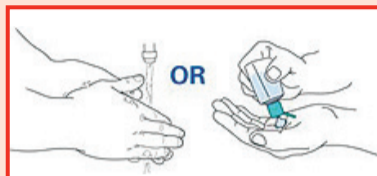
The following tables outline sequences and procedures for donning (putting on) and doffing (removing) PPE. This signage has been adapted by the [NHMRC Australian Guidelines for Prevention and Control of Infection in Healthcare](#).

## Sequence for DONNING (putting on) PPE

Put on PPE before entering the person's room and before person contact.

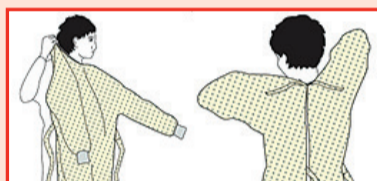
### 1. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub.



### 2. PUT ON GOWN

- Ensure the gown fully covers the torso and neck to knees, arms to end of wrist and wrap the around the back
- Fasten / tie at the back of neck and waist.



### 3. PUT ON MASK

surgical mask or particulate filtration respirator (PFR) i.e. P2/N95 or equivalent

#### Surgical mask

- Secure ties or ear loops
- Mould the nose piece into the mask
- Position surgical mask over nose, mouth then chin.



#### PFR

- Position according to [training](#) and manufacturer's instructions
- Perform fit check.

### 4. PUT ON EYE PROTECTION

goggles, safety glasses or face shield

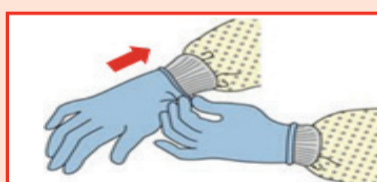
- Place over face and eyes (and over prescription glasses if worn)
- Adjust to fit.



Note - prescription glasses are not considered as eye protection

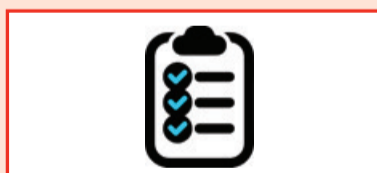
### 5. PUT ON GLOVES

- Fit gloves over the cuffs ensuring the gown sleeves are covered by the glove.



### 6. PPE CHECK

- Check all items of PPE are correctly in place
- Check integrity of PPE



Note - Do not touch mask or eye protection again once PPE check has been completed

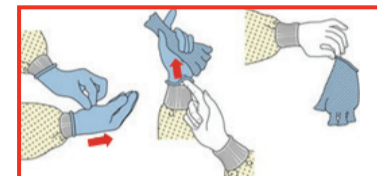
Consider using a staff member 'buddy' to assist with correct donning and doffing

## Sequence for DOFFING (taking off) PPE

Begin PPE removal at person's doorway or in anteroom. Eye protection and mask/respirator to be removed outside the room. Outside surfaces of PPE are considered to be contaminated.

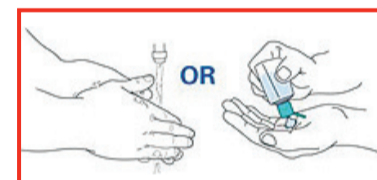
### 1. REMOVE GLOVES

- Grasp outside with opposite gloved hand, peel off
- Hold removed glove in the gloved hand
- Slide fingers of ungloved hand under the remaining glove at wrist
- Peel glove off over first glove
- Discard gloves in waste container.



### 2. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub.



### 3. REMOVE GOWN

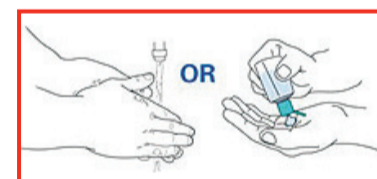
- Undo fasteners or ties
- Pull away from neck and shoulders, touching inside of the gown only
- Turn gown inside out, away from clothing
- Fold or roll into a bundle and discard in waste container.



Note - eye protection is to remain on at this stage

### 4. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub.

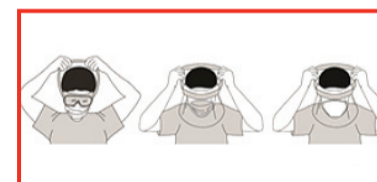


Note - if practising [PPE optimisation](#), stop doffing at stage 4. Check PPE for any integrity breaches or visible contamination

### 5. REMOVE EYE PROTECTION

goggles, safety glasses or face shield

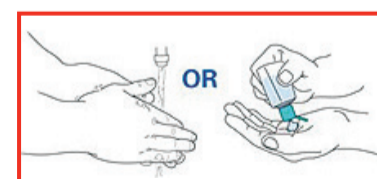
- Do not touch the front surfaces
- Handle by head band or side arms
- Place in designated container for reprocessing or in waste container.



Note - remove outside the person's room

### 6. PERFORM HAND HYGIENE

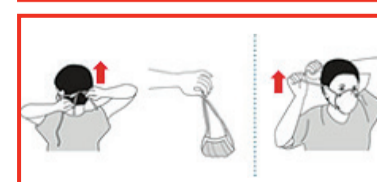
- Wash hands or use an alcohol-based hand rub.



### 7. REMOVE MASK

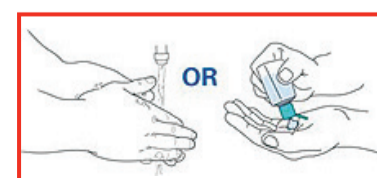
surgical mask or particulate filtration respirator (PFR) i.e. P2/N95 or equivalent

- Do not touch the front of the mask
- Grasp lower, then top ties or elastics and remove as per [training](#) and manufacture's guidelines to avoid self-contamination
- Discard in waste container.



### 8. PERFORM HAND HYGIENE

- Wash hands or use an alcohol-based hand rub immediately after removing all PPE.



## For more information

Infection Control Service  
Communicable Disease Control Branch  
[www.sahealth.sa.gov.au/COVID2019](http://www.sahealth.sa.gov.au/COVID2019)

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