



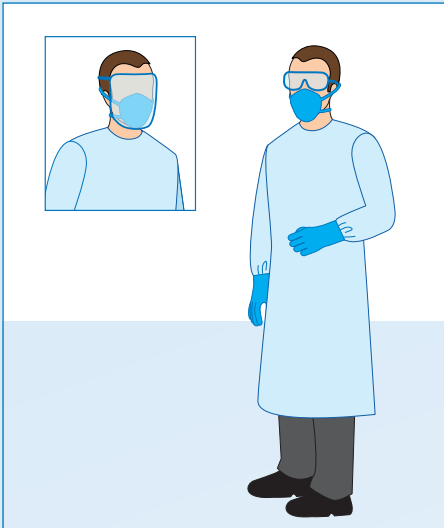
Instruction sheet

How to Properly Remove Personal Protective Equipment (PPE)

Dr. Schumacher

All PPE should be regarded as contaminated after working with patients. When the following procedure is properly followed, pathogens can be prevented from reaching the hands and/or clothing of medical personnel:

Protective gown and disposable gloves



1

Begin with your protective gown. Take hold of the gown and pull it forwards, away from the body, until the straps or fasteners break. Hold the gown with gloved hands only.

2

Roll the gown into a ball, starting from the middle and working outwards.

3

While removing the gown, take off the gloves by taking hold of the inside and removing them one after the other. Dispose of them together with the gown in a closed container.

4

Disinfect your hands for 30 seconds in accordance with proper hand hygiene recommendations. Pay special attention to the fingertips and thumbs.

Protective goggles

5

Lift the strap at the back of the head and remove them without touching the goggles in front.

Face protection

6

Lift the strap at the back of the head and remove them without touching the front. Discard reusable face protection equipment or goggles in the container provided for this purpose.

Breathing mask/respirator

7

Take hold of the lower and upper straps of the mask or respirator. Guide them over the head, again without touching the front. Dispose of mask or respirator in a closed container.

8

When finished, disinfect your hands again for 30 seconds in accordance with proper hand hygiene recommendations.

Source: Centers for Disease Control and Prevention. How to safely remove personal protective equipment (PPE). Example 2. <https://www.cdc.gov/hai/pdfs/ppe/PPE-Sequence.pdf> Last access 2020-03-05.