

Removal of Personal Protective Equipment (PPE)

Background

If you are at risk of being exposed to a patient's body fluids or an infectious disease, you should be wearing PPE. The level of PPE required is dependent on the body fluids you may encounter and/or the infectious disease you are at risk of being exposed to. These are outlined in the Clinical Procedures and Guidelines (CPGs).

Removing PPE in the right way is extremely important, as it helps to keep you safe from exposure to body fluids and/or infectious diseases.

This skill sheet should be used in conjunction with the Standard Level PPE Removal Task Card, which can be found on the St John intranet.

Procedure

Follow the steps on the Standard Level PPE Removal Task Card to correctly remove your PPE:

- 1 Assemble alcohol gel, universal sanitising wipes (such as Clinell), and biohazard bags.



- 2 Clean gloved hands with universal sanitising wipes and discard in a biohazard bag/waste container.
- 3 Remove the outer set of gloves, handling the wrists only and turning them inside out as they are removed, and discard.



- 4 Clean gloved hands with universal sanitising wipes.
- 5 Unfasten the overalls, ensuring the zip is fully open.



- 6 Remove the hood, touching only the outer surface.



- 7 Remove the overalls, and slowly fold or roll into a bundle and discard in a biohazard bag.



- 8 Clean gloved hands with universal sanitising wipes.

- 9 Remove the inner pair of gloves, grasping the outside of the glove with the gloved hand and removing.



- 10 Hold the removed glove in the gloved hand, remove the remaining glove by sliding your fingers under the wrist and peeling it away. Discard in biohazard bag.



- 11 Clean your hands with universal sanitising wipes.
12 Remove the safety glasses handling the frame or straps only, and discard in biohazard bag.
13 Remove the N95 mask by handling the elastic ties only, and discard in biohazard bag.
14 Rinse your hands in alcohol gel and allow to dry.



- 15 Record the time the PPE was removed.
16 Have a shower and don clean clothing.

Assessment criteria

If you are required to don PPE as part of an assessment, the following table gives you an idea of what the assessor will be expecting.

Assessment	Competent
<p>1. Demonstrate safe removal of PPE. Demonstration must include the following:</p> <ol style="list-style-type: none"> 1. Assemble the decontamination equipment. 2. Clean gloved hands with universal sanitising wipes and discarded in a biohazard bag. 3. Remove the outer set of gloves, handling the wrists only and turning them inside out as they are removed, then discarded. 4. Clean gloved hands. 5. Unfasten the overalls (ensure the zip is fully open). 6. Remove the hood touching the outer surface. 7. Remove the overalls, slowly fold or roll into a bundle and discard in a biohazard waste container. 8. Clean gloved hands. 	

Assessment	Competent
<ul style="list-style-type: none">9. Remove gloves, grasping the outside of the glove with the gloved hand and removing.10. Held the removed glove in the gloved hand, remove the remaining glove by sliding the fingers under the wrist and peeling it away and discarding.11. Clean hands.12. Remove safety glasses handling the frame or straps only and discard.13. Remove N95 mask by handling the elastic ties only and discard.14. Rinse the hands in alcohol gel and allow to dry.15. Record the time that the PPE was removed.16. Verbalise the intent of showering and donning clean clothing.	