Taking off (Doffing) Personal Protective Equipment (PPE)

1. **Gloves**
   - **A** Grasp the outside edge of the glove near the wrist and peel away from the hand, turning the glove inside-out.
   - **Hold the glove in the opposite gloved hand.**
   - **B** Slide an ungloved finger or thumb under the wrist of the remaining glove.
   - **C** Peel the glove off and over the first glove, making a bag for both gloves.
   - **Put the gloves in the garbage.**

2. **Hand hygiene**
   - **A** Using an alcohol-based hand rub is the preferred way to clean your hands.
   - **B** If your hands look or feel dirty, soap and water must be used to wash your hands.

3. **Gown**
   - **A** Carefully unfasten ties.
   - **B** Grasp the outside of the gown at the back of the shoulders and pull the gown down over the arms.
   - **C** Turn the gown inside out during removal.
   - **Put in hamper or, if disposable, put in garbage.**

4. **Hand hygiene**
   - **Clean your hands.**
     (See No. 2)
   - **Exit the patient room, close the door and clean your hands again.**

5. **Eye protection or face shield**
   - Handle only by headband or ear pieces.
   - Carefully pull away from face.
   - Put reusable items in appropriate area for cleaning.
   - Put disposable items into garbage.

6. **Mask or N95 respirator**
   - Bend forward slightly and carefully remove the mask from your face by touching only the ties or elastic bands.
   - Start with the bottom tie, then remove the top tie.
   - Throw the mask in the garbage.
   - There are different styles of N95 respirators but all styles have the same basic steps for doffing.

7. **Hand hygiene**
   - Clean your hands.
     (See No. 2)

For more information contact
ipcsurvstdadmin@ahs.ca
©2021 Alberta Health Services, IPC
https://creativecommons.org/licenses/by-nc-sa/4.0/
Original date: May 2014
Revised date: April 13, 2021
ECC Approved: April 14, 2021