

# THE ORDER FOR TAKING OFF PERSONAL PROTECTIVE EQUIPMENT (PPE)

Where to Take Off PPE	
<ul style="list-style-type: none"> <li>At doorway, before leaving patient/resident room</li> </ul>	
<b>1 Take Off Gloves</b>	
<b>2 Take Off Gown</b>	
<b>3 Clean Your Hands</b>	<p><b>Alcohol-based hand rub, OR...</b> <b>...Soap &amp; water</b></p>
<b>4 Take Off Eye Protection</b> <i>(Unless combination mask with attached eye protection)</i>	
<b>5a Take off Mask</b>	
<b>5b Or Take Off N95 Respirator</b>	
<b>6 Clean Your Hands</b>	<p><b>Alcohol-based hand rub, OR...</b> <b>...Soap &amp; water</b></p>

*see reverse for detailed instructions*

## HOW TO SAFELY USE PPE

- Keep gloved hands away from face
- Avoid touching or adjusting other PPE
- Take off gloves if they become torn; clean your hands before putting on new gloves
- Limit surfaces and items touched



REGIONAL INFECTION  
CONTROL NETWORKS

# THE ORDER FOR TAKING OFF PERSONAL PROTECTIVE EQUIPMENT (PPE)

## Where to Take Off PPE

- At doorway, before leaving patient/resident room

### 1 Take Off Gloves

- Grasp outside edge near wrist
- Peel away from hand, turning glove inside-out
- Hold in opposite gloved hand
- Slide ungloved finger under the wrist of the remaining glove
- Peel off from the inside, creating a bag for both gloves
- Discard

### 2 Take Off Gown

- Unfasten ties
- Peel gown away from neck and shoulders
- Turn contaminated outside toward the inside
- Fold or roll into a bundle
- Discard in laundry hamper or garbage

### 3 Clean Your Hands

- Alcohol-based hand rub is the preferred method for cleaning hands (*when hands are not visibly soiled*)
- Clean between fingers, backs of hands, fingertips and thumbs
- Clean hands for a minimum of 15 seconds
- *Refrain from using patient/resident sink*

### 4 Take Off Eye Protection

- Grasp ear or head pieces with ungloved hands
- Lift away from face
- Place in garbage or clean reusable eye protection

### 5a Take Off Mask

- Untie the bottom, then top tie or remove ear loops
- Lift away from face while holding the ties or loops
- Discard

### 5b Or Take off N95 Respirator

- Lift the bottom elastic over your head first
- Then lift off the top elastic
- Lift away from face while holding the elastic
- Discard

### 6 Clean Your Hands

- Immediately after taking off PPE
- Anytime you think your hands have become contaminated
- *Avoid from using patient/resident sink if possible*