

**Correct order for putting on and removing personal protective equipment (PPE)**

**Order for putting on PPE**



Ensure you are 'Bare Below the Elbows' and hair is tied back. Clean your hands. Pull apron over your head and tie at back of your waist.



**Elasticated masks:**  
Position loops behind ears.

**Tied masks:**  
Position upper straps on the crown of your head, lower straps at the nape of your neck.

**For both masks:**  
With both hands, mould the flexible band over the bridge of your nose.



Holding the eye protection by the sides, place over your eyes.



Put on gloves and extend to cover your wrists.

**Order for removing PPE**



Grasp the outside of the glove with opposite gloved hand, peel off, holding the removed glove in the gloved hand. Slide the fingers of the ungloved hand under the remaining glove at the wrist and peel off. Discard. Clean hands.



Break apron strap at the neck, allow the apron to fold down on itself. Break waste straps at your back and fold apron in on itself. Fold or roll into a bundle taking care not to touch the outside surface. Discard. Clean hands.



Handle eye protection only by the headband or the sides. Discard disposable eye protection. Reusable eye protection must be decontaminated. See note below. Clean hands.



**Elasticated masks:** Pull loops over ears.  
**Tied masks:** Untie or break lower straps followed by upper straps.  
**Both masks:** Holding only by the loops or straps, discard. Clean hands.

- Note:**
- PPE should be removed in the above sequence to minimise the risk of cross/self-contamination.
  - Hands should be cleaned before putting on PPE. All PPE should be changed between tasks and disposed of as soon as the task is completed and as per local policy. Always perform hand hygiene appropriately after removing and disposing of each item of PPE, e.g. pair of gloves, mask, facial protection.
  - After use, reusable eye protection must be decontaminated appropriately, refer to your local decontamination guidance.