How to remove and dispose of personal protective equipment

Personal protective equipment (PPE) should be removed in a designated dirty zone at an appropriate distance from the patient. The distance will depend on the presentation of the patient and may be outside the examination room. The outside of the gloves, eyewear, gown and mask are considered contaminated and should not be touched.

1. Take off gloves
   - Pinch the cuff of one glove and peel over the hand, keeping hold of this glove
   - Take the now ungloved hand and slide finger/s carefully under the remaining glove, peeling off second glove, turning it inside out over the first
   - Discard into a clinical waste bin

   Some guidelines recommend performing hand hygiene after each step when removing PPE. Hand hygiene is important at any high-risk step or if contamination has occurred. Do perform hand hygiene between steps if you have contaminated your hands in any way.

2. Remove protective eyewear
   - Grasp the headband or the inside of the side arms, from the back, and lift away from the face
   - Discard disposable eyewear into a clinical waste bin
   - Place non-disposable eyewear in a designated container for later disinfection

3. Remove gown
   - Unfasten bottom and then top ties/closures
   - Taking care that sleeves do not touch the body, slip hands underneath the gown at the neck, near the shoulders, and peel away from shoulders and over hands
   - Only touching the inside of the gown, turn the gown inside out and fold/roll into a bundle
   - Discard the gown into a clinical waste bin

4. Remove mask
   - Grasp the bottom ties or elastic, followed by the top and pull over the head and away from the face
   - Discard the mask into a clinical waste bin

5. Perform hand hygiene (with an alcohol-based hand sanitiser or by washing with soap and water)

   Using alcohol-based hand sanitiser:
   - Rub palms together
   - Rub back of each hand
   - Rub between fingers down to the webbing
   - Rub fingernails on the opposite palm
   - Rub around each thumb
   - Rub around wrists