

Procedure #5: Removing Personal Protective Equipment (PPE)

Preparation

Remove PPE: Except for respirator, remove PPE at the doorway or in anteroom.
Remove respirator after leaving the patient room and closing door.

Performance

7. To remove soiled PPE, remove the gloves first since they are the most soiled.

- If wearing a gown that is tied at the waist in front, undo the ties before removing gloves.
- Remove the first glove by grasping it on its palmar surface, taking care to touch only glove to glove.
- Pull the first glove completely off by inverting or rolling the glove inside out.
- Continue to hold the inverted removed glove by the fingers of the remaining gloved hand. Place the first two finger of the bare hand inside the cuff of the second glove.
- Pull the second glove off to the fingers by turning it inside out. This pulls the first glove inside the second glove.
- Using the bare hand, continue to remove the gloves, which are now inside out, and dispose of them in the refuse container.



8. Perform hand hygiene.

9. Remove protective eyewear and dispose of properly or place in the appropriate receptacle for cleaning.



10. Remove the gown when preparing to leave the room.

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- Avoid touching soiled parts on the outside of the gown, if possible.
- Grasp the gown along the inside of the neck and pull down over the shoulders. Do not shake the gown.
- Roll up the gown with the soiled part inside, and discard it in the appropriate container.

11. Remove the mask.

- Remove the mask at the doorway to the client's room. If using a respirator mask, remove it after leaving the room and closing the door.
- If using a mask with strings, first untie the lower strings of the mask.
- Untie the top strings and, while holding the ties securely, remove the mask from the face. If side loops are present, lift the side loops up and away from the ears and face. Do not touch the front of the mask.
- Discard a disposable mask in the waste container.
- Perform proper hand hygiene again.

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PROCEDURE CHECKLIST

Removing Personal Protective Equipment (PPE)

Check (✓) Yes or (✗) No

PROCEDURE STEPS	Yes	No	COMMENTS
Removes PPE in the following order:			
1. If wearing a gown, unties waist ties.			
2. Removes one glove by grasping the cuff of the glove and pulling down so the glove turns inside out. Holds the glove removed in the remaining gloved hand.			
3. Slips fingers of ungloved hand inside the cuff of the another glove; pulls glove off inside out, turning it over to enclose the first glove. Does not touch self with contaminated surface of either glove.			
4. Holds contaminated gloves away from body.			
5. Disposes of gloves in a designated waste receptacle.			
6. Releases neck ties of gown, allowing gown to fall forward.			
7. Grasps gown inside of neck and peels down off arms so that the inside of the gown faces outward			
8. Holding gown away from body, discards. Does not contaminate clothing with dirty gown.			
9. Removes mask or face shield by untying lower ties first; unties upper ties next; disposes in designated waste receptacle.			