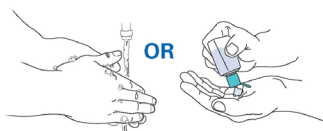


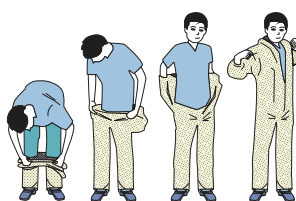
How to put on (don) your PPE coveralls



1

Perform hand hygiene

- Wash hands with soap and water or use alcohol-based hand rub.



2

Put on coveralls*

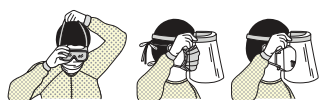
- Unzip the coveralls.
- Step into the coveralls while holding the top.
- Pull coveralls up over waist and insert arms into sleeves.
- Pull coveralls up over shoulders once arms are in.
- Fasten the zip all the way to the top.



3

Put on surgical mask or P2/N95 respirator

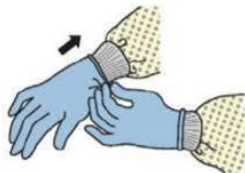
- Secure ties or elastic bands at the middle of the head and neck.
- Fit flexible band to nose bridge, ensuring the mask is snug to face and below chin.
- Conduct a fit check if using a P2/N95 respirator. (Always refer to the manufacturers' instructions for individual brands/types of respirators)



4

Put on protective eyewear/face shield

- Adjust protective eyewear/face shield over eyes and face.



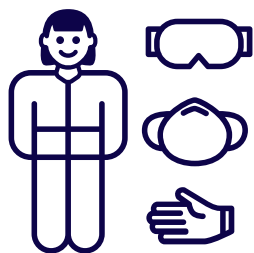
5

Put on gloves

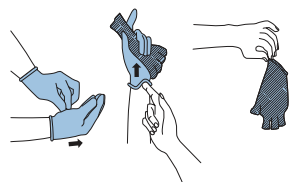
- Extend gloves to cover the cuffs of the coveralls.

***Note:** Hood use is not required for infection prevention; if a hood is present, it is safest to tuck it in.

***Note:** Footwear may need to be removed to step into coveralls; perform hand hygiene before and after touching footwear.



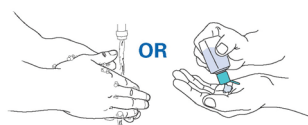
How to take off (doff) your PPE coveralls



1

Remove gloves¹

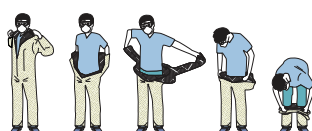
- Pinch the palm of the first gloved hand and remove.
- Hold the removed glove in the gloved hand.
- Slide a finger from the un-gloved hand under the remaining glove and remove.



2

Perform hand hygiene

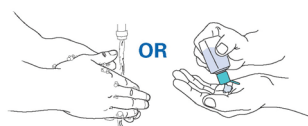
- Wash hands with soap and water or use alcohol-based hand rub.



3

Remove coveralls*¹

- Unzip coveralls completely, position head back to avoid contact of your hands with exposed skin of chin, neck and chest.
- Perform hand hygiene after touching front zipper.
- Pull coveralls away from neck and shoulders, touching inside of coveralls only.
- Remove each arm from coveralls whilst turning coveralls sleeves inside out.
- Roll the coverall, from the waist to the top of the footwear, touching inside of coveralls only.
- Use one footwear covered foot to pull off the coverall from the other leg. Repeat for second leg.
- Step away from the coveralls.



4

Perform hand hygiene

- Wash hands with soap and water or use alcohol-based hand rub.



5

Remove protective eye wear¹

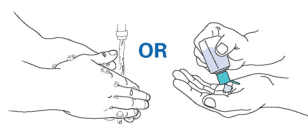
- Remove protective eye wear using the sidearms or elastic band without touching the front.
- Perform hand hygiene if hands become contaminated.



6

Remove surgical mask or P2/N95 respirator¹

- Pull mask or respirator away from face using ties or loops.



7

Perform hand hygiene

- Wash hands with soap and water or use alcohol-based hand rub.

¹ Discard all disposable PPE into an appropriate waste bin or receptacle.

*Note: Footwear may need to be removed to step out of coveralls. Perform hand hygiene before and after touching footwear.

Note: Hold a plastic chair for balance or to sit down as required.