

HOW TO PROPERLY REMOVE PPE

Carefully removing personal protective equipment is a crucial aspect of staying safe after encountering dangerous pathogens or infections. According to the CDC, all PPE should be removed before entering a general use area. This means that PPE should not be brought into areas such as lobbies, lunchrooms, or other large areas of congregation.

Here is the proper PPE removal sequence, as recommended by the CDC:

- 1. Gloves:** Assume that the outside of the gloves are contaminated. To remove, grasp the outside of a glove with the opposite hand and peel off. Hold the removed glove in your gloved hand. Slide fingers of the ungloved hand under the remaining glove at the wrist, and peel the second glove over the first glove. **Discard both gloves in a waste container.**
- 2. Safety eyewear or face shield:** Handle safety eyewear or face shields by the headband or earpieces. If they are reusable, place them in the designated receptacles for reprocessing. If not, place them in a waste container.

Tip: Clean and disinfect eye protection according to the manufacturer's directions if they are not disposable.

- 3. Protective clothing (e.g., gowns):** If the protective clothing is **reusable**, remove the garment carefully before leaving your work area. Roll it into a bundle and place it in the designated receptacle for reprocessing. Immediately wash your hands or use hand sanitizer.

If it is **disposable**: Unfasten any ties and pull it away from the neck and shoulders, touching only the inside of the garment. Turn it inside out and fold or roll it into a bundle to discard it. Immediately wash your hands or use hand sanitizer.

Tip: Make sure that the protective clothing does not contaminate other surfaces. You should have a specific place for hanging protective clothing that is not used for anything else, such as coats.

- 4. Mask or respirator:** Do not touch the front of your mask when removing it. If your mask has ties, untie the bottom and then top ties, and remove. If your mask has elastic earpieces, unhook the elastics and remove it. Discard the mask in the waste container.
- 5. Wash your hands immediately after removing all PPE.**

Removing PPE can be risky if not done correctly - you might be taking home pathogens or chemicals that you've encountered. With these steps, you can be sure that you are limiting the risk of exposure.

