



Doffing coveralls in the context of COVID-19

Doffing should be performed in a dedicated area with a waste bin, alcohol-based hand rub (ABHR) and cleaning/disinfection wipes available.

It is preferable to use a PPE assistant to direct the doffing process as the risk of self-contamination during the doffing procedure is significant.

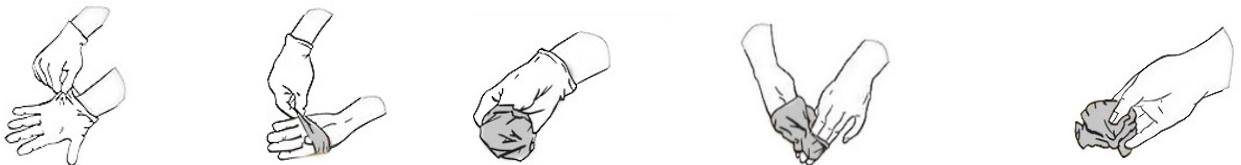
PPE assistant should wear a mask, eyewear and gloves.

PPE Materials List



Step 1 - Remove gloves

Ensure glove removal does not cause additional contamination of hands.



Step 2 – Hand Hygiene

Perform hand hygiene by applying ABHR to both hands.
Refer to [Appendix A](#) for how to guide.

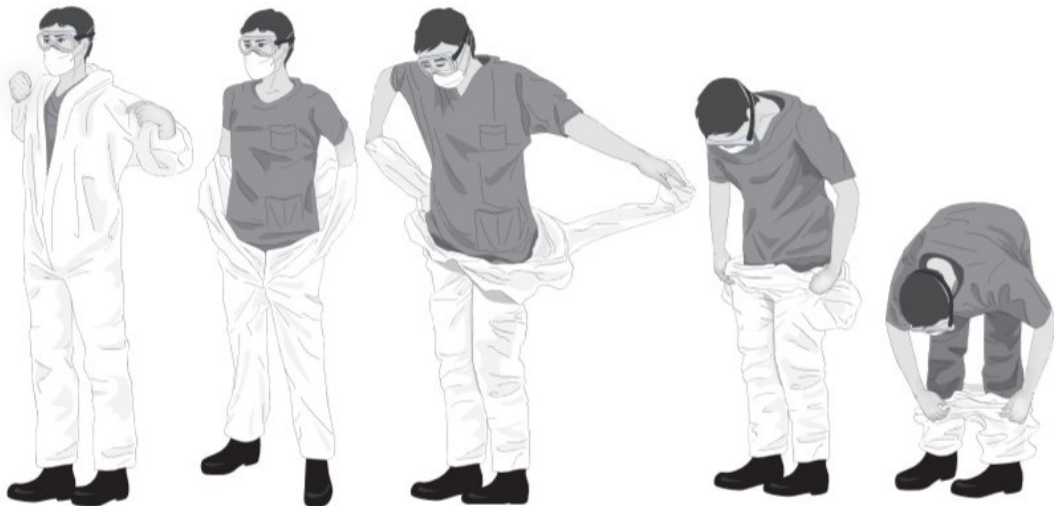
Step 3 – Remove Coverall

This step can be performed either by yourself or with the help of an assistant.

Tilt your head back and reach for the zipper at the top of the suit. Grasp the zipper with two fingers of one hand without using the other hand on the front of the suit and pull down. Unzip completely.

Grasp the outside of the coverall at the shoulders and pull it off your body in a downward motion until the coverall is off your shoulders completely.

Roll the suit outward and down the back in a controlled fashion, removing your arms and slowly pulling it down until it's at your feet, being careful not to touch your clothes or skin. At this point you can either sit on a stool to remove the suit off the feet or stand and remove.



NB: If a PPE assistant is used, they can roll down the back of the suit to assist the wearer with the process.

Step 4 – Hand hygiene

Perform hand hygiene, apply ABHR to both hands.

Step 5 – Remove protective eyewear

Carefully remove face shield or goggles handling the sides of the glasses or strap of the face shield and pulling upwards and away from head. Do not touch the front of face shield or goggles. Place goggles/face shield aside ready to clean and disinfect or dispose in waste bin.



Step 6 – Hand hygiene

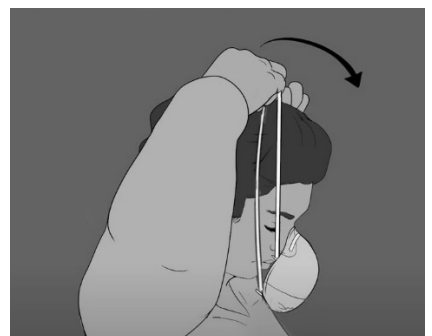
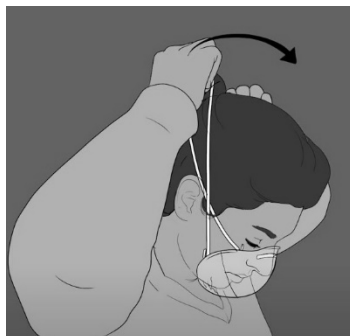
Perform hand hygiene, apply ABHR to both hands.

Step 7 – Remove mask

Remove and discard particulate filter respirator (PFR) or surgical facemask. Do not touch the front of the PFR or surgical facemask. Tilt head forwards to remove.

PFR: Grasp bottom elastic band of the PFR, then the elastic band at the top. Remove without touching the face and bring it carefully over the head. Dispose of PFR into waste bin.

Surgical facemask: Carefully untie (or unhook from the ears) and pull away from face, holding loops or straps only without touching the front. Dispose of surgical face mask into waste bin.



Step 8 – Hand hygiene

Perform hand hygiene, apply ABHR to both hands.

Step 9 – PPE Assistant

The assistant will need to doff their PPE following the steps in [Appendix B](#) .

Step 10 – Exit the Doffing Area

Waste

All PPE is to be disposed of into general waste.

International vessels – place into yellow bags and put into biosecurity bins.



How to wash your hands

With soap and water

Steps 1–4 below should take 40–60 seconds.

1

Wet hands,
then apply soap



2

Lather for at least 20 seconds.
Pay attention to the backs of
hands and fingers, fingernails
and the webbing between fingers



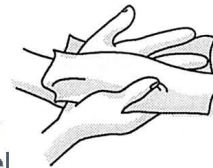
3

Rinse hands under
running water



4

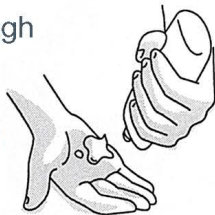
Dry hands with
a clean towel, or
fresh paper towel



With hand sanitiser

1

Apply enough
product to
cover
both hands



2

Rub all surfaces of both hands



3

Rub hands together until dry

Appendix B



Government of **Western Australia**
Department of **Health**

Personal Protective Equipment (PPE)

Donning PPE

Step 1 Perform hand hygiene



- Remove jewellery and ensure bare below the elbows
- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

Step 2 Fit mask



- secure loops around the ears (if ties are present, secure ties at the crown of the head and at the base of the head)
- gently extend the pleats downwards to sit underneath the chin

- Mould the metal band over the nose and cheeks for a secure fit
- Avoid touching the front of the mask once fitted

Step 3 Fit eyewear, if required



NOTE: you may need to wear eye protection for occupational safety and health (OSH) requirements

- Position eyewear over eyes
- Adjust as required

Step 4 Fit gloves, if required



- Select the correct size glove
- Fit gloves, adjusting at the cuffs

Doffing PPE

Step 1 Remove gloves, if worn



- Remove by gripping at cuffs
- Immediately dispose of gloves into general waste bin

Step 2 Perform hand hygiene



- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

Step 3 Remove eyewear, if worn



- Remove eyewear by handling sides or back only
- Discard or clean and disinfect as per manufacturers instructions

Step 4 Perform hand hygiene



- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

Step 5 Removing mask



- Remove mask by only handling the ties or loops, then discard into general waste bin

Step 6 Perform hand hygiene



- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

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This document can be made available in alternative formats on request for a person with disability.

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Version Control

Version	Date	Updates / Changes
1	4 March 2022	New document.
2	15 June 2022	Images updated and word changes from 'respirator' to 'PFR'.

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