




# Donning and doffing in healthcare settings

## Donning PPE

(Before entering the patient room/zone)


Step  
1



Hand hygiene

- Remove jewellery (plain wedding band acceptable)  
Ensure bare below the elbows
- Perform hand hygiene


Step  
2



Fitting gown

- Put the gown on so that your front and arms are fully covered and gown opening is at the back
- Fasten ties at the neck and at the side


Step  
3



Apply and fit mask – surgical mask for droplet precautions

- Metal band fitted across bridge of nose. Fit snugly to face and underneath chin.


Step  
3



PFR for airborne precaution

- If PFR required (N95/P2) perform fit check


Step  
4



Fitting goggles or face shield

- Position goggles over eyes or face shield over face
- Adjust if necessary


Step  
5



Hand hygiene

- Perform hand hygiene

Step  
6



Fit gloves over cuff of gown

- Fit gloves, adjusting at the cuffs

## Doffing PPE

(Remove gown and gloves before exiting room, mask and eyewear in anteroom or outside room)

Step  
1



Removing and disposing of gloves

- Remove each glove by gripping at cuffs
- Immediately dispose of gloves in appropriate waste
- Perform hand hygiene

Step  
2



Removing and disposing of gown

- With clean hands untie gown, side first and then neck
- Touching only the inside of the gown, gently pull from neck and shoulders, then arms, turning inside out as gown is removed
- Roll gown away into bundle and discard in appropriate waste
- Perform hand hygiene

Step  
3



Removing and disposing of goggles/face shield

- Remove eyewear by handling sides or back only
- Discard or if reusable reprocess with disinfectant wipes, store dry
- Perform hand hygiene

Step  
4



Removing and disposing of mask

- Remove mask by only handling at ties, then discard in appropriate waste
- Perform hand hygiene