

Correct order of **using** personal protective equipment:

Hand hygiene



Take 3 ml of hand-sanitiser and rub the hands for 30 seconds.

or



If your hands are visibly dirty or hand-sanitisers are not available, wash hands with liquid soap for 20 seconds.

Protective Gown



1. Face the inside of the gown towards you.



2. Place your hand in the sleeves and pull the cuffs to your wrists.



3. Tie the neckties around your neck.



4. Wrap the sides of the gown around your back and tie the belt.



5. If possible cover the gown with an apron and sleeves.

Mask



1. Cover your nose and mouth with a mask leaving no gaps between your face and the mask.



2. Close the clip of the surgical mask around your nose.



3. For the FFP2 respirator, test for air leak.



4. Avoid touching the mask if you are wearing it.



5. If possible, use a visor or goggles over the mask.

Gloves



1. You need to keep your nails clipped, and clean, remove the rings.



2. Pull the gloves on carefully, assisting with the thumb of the other hand. Pull the glove up towards the wrist without overly stretching the material.



3. Pull the gloves on tight against your skin. If the gloves are too tight, they may break.



4. Gloves are for single use; they will not be disinfected.

