

PPE SAFETY FOR UNPAID CARERS AND PERSONAL ASSISTANTS

PUTTING PPE ON



Always wash/gel your hands before applying, and after removal, of each piece of PPE.

(1st)



Apron

- Roll up any sleeves and remove jewellery / watches.
- Put on your apron, ensuring it is tied securely behind your back.

(2nd)



Face mask

- Put on your face mask ensuring it is properly fitted over your mouth and chin, and securely tied (see box below).
- If elastic loops on face mask are loose, tie elastic into loops and double loop over ears to ensure mask fits tightly to face.
- Pull the folds in the face mask apart to pull the mask under the chin.

(3rd)



Eye protection (goggles or visor)

- Put on eye protection, if required (N.B. Normal spectacles don't provide protection).
- Adjust eye protection to fit securely.

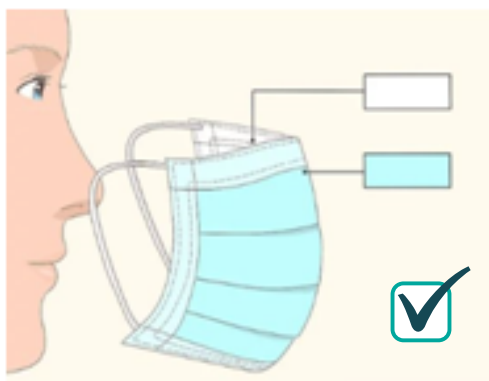
(4th)



Gloves

- Put on gloves.

SURGICAL FACE MASKS



- Always wash/gel your hands before applying and after removal.
- It should cover your mouth, nose and chin.
- Coloured side should face outwards. White on the inside.
- Pinch the thin metal wire of the mask so it presses gently on the bridge of your nose.
- Masks should be changed when they get moist, contaminated, eating, drinking, going to the toilet or completing a session of care.

(Continued overleaf...)

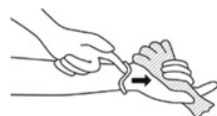
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TAKING PPE OFF



It is critical that you do not touch the contaminated outside surface of your PPE at any point. Always wash/gel your hands before applying and after removal of each piece of PPE.

(1st)



GLOVES

Grasp the outside of the glove with the opposite gloved hand; peel off a glove. Hold the removed glove in the gloved hand, slide the fingers of the ungloved hand under the remaining glove at the wrist. Peel the second glove off over the first glove. Discard into the waste bag.

(2nd)



APRON

Pull neck tie apart and let it fall onto the front of the apron, holding your tie fold the left hand side of the apron into middle, take right tie and fold side into middle and roll the apron up. Discard into the waste bag.

(3rd)



EYE PROTECTION (GOGGLES)

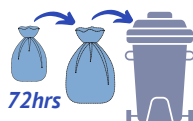
Remove eye protection once outside the room of person you are looking after. Never touch the outside of eye protection as they are contaminated. Handle only by the headband (visor) or the sides (goggles). Wipe them with soapy water or fairy liquid to disinfect them and let them dry.

(4th)



MASK

Untie the lower string of the mask first then higher string or remove loops from ears, holding straps discard mask into bin bag being careful not touch front of the mask. Discard into the waste bag.



DISPOSAL

Dispose of the used PPE by double bagging and retain untouched in the home for 72 hours, before placing in household waste bin. **Wash your hands and forearms with soap and water for at least 20 seconds.**

IF YOU ARE DRIVING HOME



- On arrival home wipe the steering wheel, controls, and door handles with general detergent wipe.

ONCE HOME



- Remove your shoes and coat/outer clothes and leave outside or at the door.
- Wipe down keys, glasses and any bag with a damp soapy cloth.
- Remove clothes and put straight in the washing machine. Wash at the highest temperature for those garments.



- Wipe the handles of the washing machine and wash your hands again.



- Go straight to the shower and wash hair, body and face with soap/shampoo.
- While it will be difficult, try to take care of yourself at this difficult time.

