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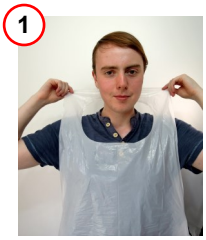
NHS

Correct order for putting on and removing personal protective equipment (PPE)

Order for putting on PPE

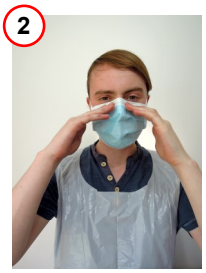
Before beginning, check which items of PPE are required and that these are available in the correct size.

1



Apron: Ensure you are 'Bare below the elbows' and hair is tied back. Clean your hands. Pull apron over your head and tie securely at the back of your waist.

2



FRSM or FFP3 masks: Secure loops behind ears or upper ties/elastic bands on the middle of your head, lower ties/ bands at your neck. Fit flexible band to your nose bridge. Fit snug to your face and below your chin.

FFP3 or equivalent masks must be fit checked if being worn.

3



Eye protection: Holding the eye protection (safety goggles or visor) by the sides, place over your face and eyes and adjust to fit.

4



Gloves: Pull on gloves taking care to minimise contamination of the outer surface by holding at the wrist opening only. Extend to cover your wrists.

Order for removing PPE

When removing PPE, the correct technique is essential to avoid touching the most contaminated areas of PPE, e.g. outside of gloves, front of apron.

1



Gloves: Pinch and lift the outside of the glove in the palm area with the opposite gloved hand, peel off while turning inside out. Hold the removed glove in the gloved hand. Slide two fingers of the ungloved hand under the remaining glove at the wrist. Peel the second glove off over the first glove and dispose of.

2



Apron: Break neck ties and allow apron to fall forward. Unfasten or break waist ties and pull apron away from the body touching the inside only. Fold or roll into a bundle and dispose of.

3



Eye protection: Handle only by the headband or the sides. Safety goggles or visors should be removed by grasping sides and pulling directly forward, away from the face. To remove eye protection with an elasticated headband, see note below.

4



FRSM or FFP3 masks: Remove ears loops/unfasten bottom tie, then top tie. If elasticated, pull top and bottom elastics together. Handling the ties/elastics only, pull away from the face without touching front of mask and dispose of.

Clean hands immediately after removal of PPE.

Note:

- Before undertaking any procedure or task, staff should assess the risk of likely exposure to blood and/or other body fluids, non-intact skin, mucous membranes, or any care equipment or items in the care environment that could be contaminated, and wear PPE if required. PPE must protect adequately against the risks associated with the procedure or task. The items of PPE worn will vary based on the type of exposure anticipated, and not all items of PPE may be required.
- All PPE should be changed between tasks, removed before leaving the care area and immediately disposed of directly into the appropriate waste stream. Reusable PPE should be decontaminated appropriately.
- Clean hands immediately after removal of PPE.
- Follow national guidance for putting on and removing gowns.
- To remove eye protection with an elasticated headband, tilt head forward and grasp the headband with index fingers and thumbs, lift the headband upwards whilst pushing frame away from your face, lower away from your face and dispose of.

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