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

- ABHR
- Coverall
- Mask
- Protective Eyewear
- Gloves

Step 1 - Remove gloves

Ensure glove removal does not cause additional contamination of hands.

- Pinch outside of glove at wrist
- Peel off glove completely into a ball. Hold removed glove in gloved hand
- Slide fingers of ungloved hand under the remaining glove at the wrist. Peel glove off over first glove
- Discard into a bin, wash hands or use ABHR.

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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.

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

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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

**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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Version Control

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