

**Doffing Personal Protective Equipment (PPE) Coveralls Checklist COVID 19****LISTEN & DO NOT GO A STEP AHEAD NO MATTER HOW SICK THE PATIENT IS.****DO NOT REMOVE PPE UNTIL INSTRUCTED****DOFFING IS THE MOST AT RISK TIME FOR HEALTHCARE WORKERS –****BE CONSCIOUS OF FATIGUE AND WORKLOAD- DO NOT RUSH!**

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ LOCATION: \_\_\_\_\_ Patient Name: \_\_\_\_\_

HCW Name: \_\_\_\_\_ Buddy Name: \_\_\_\_\_

<b>Removing/Doffing Personal Protective Equipment (PPE) - <u>In patient's room</u></b>	<b>Monitor's initials</b>
Monitor calls out loud each step to Health care worker (HCW) from outside and signs when complete	
<b>Prior to Procedure</b>	
Verbal Warning by Monitor to Health Care Worker (HCW): <ul style="list-style-type: none"> <li>• "This is a high risk process where inadvertent contamination could occur."</li> <li>• "Exercise caution and care, being mindful of what you touch."</li> <li>• "Reflex actions must be avoided."</li> <li>• "Wait for my instructions prior to conducting any of the PPE doffing steps."</li> <li>• "All movements should be slow, fluid and purposeful."</li> <li>• <b>If in Doubt at any stage - decontaminate your hands!</b></li> </ul>	
<b>Disinfect Outer gloves</b>	
Disinfect outer gloves with Alcohol Based Hand Rub (ABHR).	
<b>Remove visor if wearing</b>	
Monitor Verbal warning: "Do not touch the front of the visor during removal as it may be contaminated."	
Tilt the upper body slightly forward.	
Grab the rear strap of the visor.	
Pulling the visor over the head, gently allow the visor to fall forward.	
Place visor carefully into bin.	
<b>Disinfect Outer gloves</b>	
Disinfect outer gloves with ABHR. *	
<b>Unzip Coverall zipper</b>	
Monitor Verbal warning: "Do not touch outer surface of coverall during removal as it may be contaminated."	
Tilt head back to reach coverall zipper.	
Unzip coverall completely.	
<b>Remove Coverall Hood</b>	
Tilt head forward.	
Pinch the hood about the temple area with both hands.	
Roll hood down to just below the shoulders without touching your clothes.	
<b>Remove Outer Gloves</b>	
Disinfect outer gloves with ABHR.	

Remove first outer glove by grasping high up ideally on the back of the outer glove being removed with the other outer-gloved hand and pull the glove down, rolling into a ball into the palm of the still-outer-gloved hand.	
Remove the second outer glove by inserting the finger of the inner-gloved hand <i>inside</i> the remaining outer glove high up on the back & roll the glove inside out without touching the outside.	
Pull the second glove fully off until it is balled around the first glove. You should still have your inner gloves on at the end of this process.	
Place outer gloves carefully into healthcare waste bin.	
<b>Remove Coverall</b>	
Disinfect inner gloves with ABHR.	
Remove thumb loops if coverall has thumb loops.	
Monitor Verbal Warning: "Do not allow gloved hand to touch the outside of the coverall."	
Reach arms around back.	
Allow one gloved hand to touch just the edge of the cuff of the opposite sleeve.	
With that edge still held, pull sleeve until shoulder/upper arm is freed from coverall. AND PAUSE	
Then, using the gloved hand still in the sleeve, grab the inner material of the partially removed sleeve.	
Stop holding edge of coverall. Continue to pull your arm of the sleeve you are removing out. The sleeve will turn inside out. Use the other gloved hand to assist if necessary. Lean forward if needed to keep the coverall away from clothes.	
Remove arm from the second sleeve using clean gloved hand to assist if necessary by touching the <i>INSIDE</i> of that coverall sleeve. The sleeve will turn inside out. Lean forward if needed to keep the coverall away from clothes. Do not touch your clothes and do not allow your hands to fall lower than your thigh.	
Roll down the coverall inside out to mid-calf taking care not to touch the outside of the coverall -- this is very difficult to do – be careful!	
To remove fully you may need to sit on a clean chair. Using gloved hands and touching only the <i>inside</i> of the coverall, if necessary stretch the suit backwards to get it over the heel of your shoe. Remove coverall fully over the shoes, touching only the inside of the coverall. Remove coverall fully and place carefully into healthcare waste bin.	
Disinfect inner gloves with ABHR.	
Wipe shoes with disinfectant wipes and place wipes into healthcare waste bin. **	
<b>Disinfect Inner gloves</b>	
Disinfect inner gloves with ABHR. *	
<b>Remove goggles if wearing</b>	
Monitor Verbal warning: "Do not touch the front of the goggles during removal as it may be contaminated."	
Remove goggles from behind and place carefully into healthcare waste bin (If you wear prescription glasses leave the prescription glasses on).	
<b>Remove Inner Gloves</b>	
Remove first inner glove by grasping high up ideally on the back of the first glove with the other gloved hand and pull the glove down, rolling into a ball into the palm of the still-gloved hand.	
Remove the second inner glove by inserting the finger of the non-gloved hand into the inside of the remaining inner glove & roll the glove inside out without touching the outside.	
Pull the second glove fully off until it is balled around the first glove.	
Place gloves carefully into healthcare waste bin.	

<b>Decontaminate hands</b>	
Decontaminate hands before leaving patient's room with ABHR - don't spare the gel.	
<b>Leave patient's room</b>	
<b>Ensure patient's room door is closed</b>	
<b>Remove Respirator or Surgical Mask</b>	
If you are wearing prescription glasses, remove them now by grasping arms of glasses at the sides towards the back and put on a clean surface.	
Monitor Verbal warning: "Do not touch the front of the mask during removal as it may be contaminated."	
<i>If wearing FFP2/FFP3 respirator:</i>	
Tilt upper body slightly forward.	
Grasp the bottom respirator strap.	
Pull bottom strap up until you reach the top strap.	
Grabbing both straps, remove respirator slowly without touching the front of the respirator.	
Place respirator carefully into healthcare waste bin.	
<i>If wearing surgical mask:</i>	
Tilt upper body slightly forward.	
Reach high towards the top of the head.	
Grasp upper and lower straps by the knots on top of the head and lift the mask forward AWAY from the face without touching the front of the mask.	
Place mask carefully into healthcare waste bin.	
<i>If surgical mask has earloops instead of strings:</i>	
Tilt upper body slightly forward.	
Lift loops off ears from behind, lift the mask forward AWAY from face without touching the front of mask.	
Place mask carefully into healthcare waste bin.	
<b>Final Hand decontamination</b>	
Perform hand hygiene with ABHR.	
Put back on any prescription glasses after decontaminating hands.	
<b>Final inspection</b>	
Monitor performs a final inspection of healthcare worker for any indication of contamination of clothes.	
Monitor reminds HCW to rehydrate after leaving the PPE removal area.	

\*Some doffing sequences put on new gloves at various stages through the doffing process. This level of protection is not required for Covid-19 precautions. Only use this method if you are well trained in this.

\*\*An alternative footwear is wellington boots. This level of protection is not routinely required for Covid-19 precautions. If using, you should be trained in their use to ensure that you are doffing correctly with them.

**If in Doubt at any stage - decontaminate your hands!**

**Refrain from touching eyes, nose or mouth with potentially contaminated gloved or bare hands.**