

Doffing Personal Protective Equipment (PPE) Checklist Gown COVID 19 CDC Example 2**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: _____

Removing/Doffing Personal Protective Equipment (PPE) - <u>In patient's room</u>	Monitor's initials
Monitor calls out loud each step to Health care worker (HCW) from outside and signs when complete	
Prior to Procedure	
Verbal Warning by Monitor to Health care Worker (HCW): <ul style="list-style-type: none"> • “This is a high risk process where inadvertent contamination could occur.” • “Exercise caution and care, being mindful of what you touch.” • “Reflex actions must be avoided.” • “Wait for my instructions prior to conducting any of the PPE doffing steps.” • “All movements should be slow, fluid and purposeful.” • If in Doubt at any stage - decontaminate your hands! 	
Remove visor if wearing	
Monitor Verbal warning: “Do not touch 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.	
Remove Gown and Gloves *	
Monitor Verbal warning: “Do not touch front of gown during removal as it may be contaminated.”	
Open side tie. To break the necktie, use both hands - one on each side of the shoulder - to grasp the gown from outside, pulling away from your body.	
To remove glove and gown from the right side, with your left gloved hand grasp the outside cuff of right glove and gown together and pull your right hand out, keep holding right glove & gown in your left hand.	
Remove the right arm and hand completely from the gown, taking care that the right arm and now bare right hand do not touch the outside of the gown when coming out.	
Now remove your left side. Slide the now bare right hand inside the left gown sleeve down to the area where the gown cuff is tucked inside the left glove (left glove still holding right glove and gown).	
From inside , now hold the gown and glove together in your right hand & pull your left hand out, taking care that the left arm and now bare left hand do not touch the outside of the gown when coming out.	
Your bare right hand should now have hold of the inside of the gown and both gloves wrapped into it.	
Using both hands roll the gown with gloves already wrapped up in it away from you into a ball. Only touch the inside of the gown with bare hands – this is very difficult to do – be careful!	
Place the balled-up gown and gloves carefully into healthcare waste bin.	
Decontaminate hands with ABHR (Alcohol Based Hand Rub) - don't spare the gel.	
Remove goggles if wearing	
Monitor Verbal warning: “Do not touch front of 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).	
Decontaminate hands	
Decontaminate hands before leaving patient's room - don't spare the gel.	
Leave patient's room.	
Ensure patient's room door is closed.	
Respirator or Surgical Mask	
If you are wearing prescription glasses, remove them now by grasping at the sides towards the back and put on a clean surface.	
Monitor Verbal warning: "Do not touch front of 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 mask forward AWAY from face without touching the front of mask.	
Place mask carefully into healthcare waste bin.	
Final Hand decontamination	
Perform hand hygiene with ABHR.	
Put back on any prescription glasses after decontaminating hands.	
Final inspection	
Monitor performs 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 routinely required for Covid-19 precautions. Only use this method if you are well trained in this.

**** Note: There is another method of Doffing (CDC Example 1). We have discussed CDC Example 2. Use whichever method you are most familiar with.**

If in Doubt at any stage - decontaminate your hands!

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