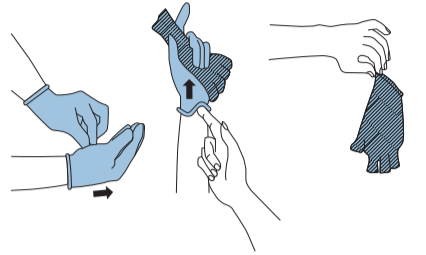


How to take off (doff)

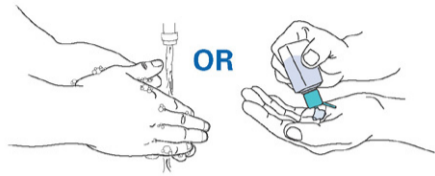
your PPE coveralls



1

Remove gloves¹

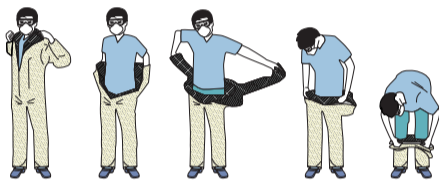
- Pinch the palm of the first gloved hand and remove.
- Hold the removed glove in the gloved hand.
- Slide a finger from the un-gloved hand under the remaining glove and remove.



2

Perform hand hygiene

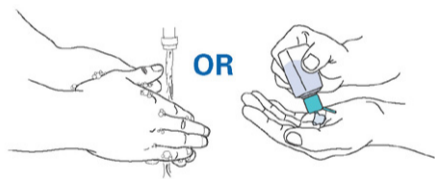
- Wash hands with soap and water or use alcohol-based hand rub.



3

Remove coveralls*¹

- Unzip coveralls completely, position head back to avoid contact of your hands with exposed skin of chin, neck and chest.
- Perform hand hygiene after touching front zipper.
- Pull coveralls away from neck and shoulders, touching inside of coveralls only.
- Remove each arm from coveralls whilst turning coveralls sleeves inside out.
- Roll the coverall, from the waist to the top of the footwear, touching inside of coveralls only.
- Use one footwear covered foot to pull off the coverall from the other leg. Repeat for second leg.
- Step away from the coveralls.



4

Perform hand hygiene

- Wash hands with soap and water or use alcohol-based hand rub.



5

Remove protective eye wear¹

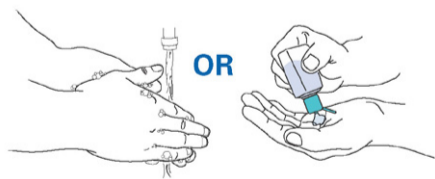
- Remove protective eye wear using the sidearms or elastic band without touching the front.
- Perform hand hygiene if hands become contaminated.



6

Remove surgical mask or P2/N95 respirator¹

- Pull mask or respirator away from face using ties or loops.



7

Perform hand hygiene

- Wash hands with soap and water or use alcohol-based hand rub.

¹ Discard all disposable PPE into an appropriate waste bin or receptacle.

*Note: Footwear may need to be removed to step out of coveralls. Perform hand hygiene before and after touching footwear.

Note: Hold a plastic chair for balance or to sit down as required.

For any questions

Coronavirus hotline 1800 675 398 (24 hrs)

Please keep Triple Zero (000) for emergencies.

To receive this document in another format phone **1300 651 160** using the National Relay Service **13 36 77** if required, or [email the Department of Health](#).

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

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