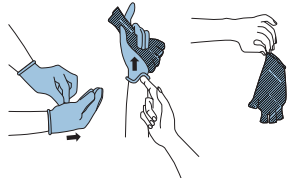


# How to take off (doff)

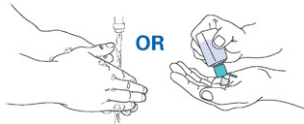
## your PPE coveralls



1

### Remove gloves<sup>1</sup>

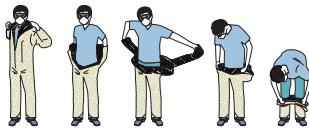
- Pinch the palm of the first gloved hand and remove.
- Hold the removed glove in the gloved hand.
- Slide a finger from the un-gloved hand under the remaining glove and remove.



2

### Perform hand hygiene

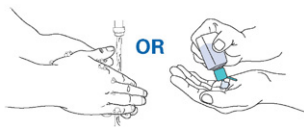
- Wash hands with soap and water or use alcohol-based hand rub.



3

### Remove coveralls\*<sup>1</sup>

- 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 wear<sup>1</sup>

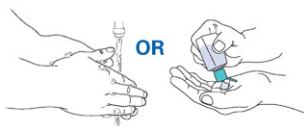
- Remove protective eye wear using the sidearms or elastic band without touching the front.
- Perform hand hygiene if hands become contaminated.



6

### Remove surgical mask or P2/N95 respirator<sup>1</sup>

- 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.

<sup>1</sup> 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**.

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