**20-150 Appendix B - Healthcare Worker (HCW) DOFFING Personal Protective Equipment (PPE) Procedure**

**Note:** At any time during doffing of PPE, you feel you have contaminated your hands, perform hand hygiene and then continue with doffing of PPE.

| 1. Remove gloves                                                                 | - The outside of gloves are contaminated  
|                                                                                  | - Take off gloves at doorway just inside the client room/space  
|                                                                                  | - Glove-to-glove, pull forward and discard  
|                                                                                  | - Then place fingers under other glove cuff pull forward and discard  
|                                                                                  | - Discard one at a time – do not ball gloves together to minimize risk of self-contamination |
| ![Image 1]                                                                       | ![Image 2]  
| ![Image 3]                                                                       | ![Image 4]  

| 2. Perform hand hygiene                                                        | - Perform hand hygiene following Policy 20 – 20 Hand Hygiene  
|                                                                                  | - Soap and water is used when hands are visibly soiled and for CDI |
| ![Image]                                                                         |  

| 3. Remove gown                                                                 | - Untie at neck and then the waist  
|                                                                                  | - Slide 2 fingers under cuff of gown; pull hand into gown.  
|                                                                                  | - Using covered hand, grab opposite sleeve and pull over hand  
|                                                                                  | - Fold gown inward, rolling it outside-in, away from you  
|                                                                                  | - Then place in disposal receptacle |
| ![Image 1]                                                                       | ![Image 2]  
| ![Image 3]                                                                       | ![Image 4]  

Adapted from Saskatchewan VHF Contingency Plan Version 12
# Appendix B - Healthcare Worker (HCW) DOFFING Personal Protective Equipment (PPE) Procedure

## 4. Perform hand hygiene
- Perform hand hygiene following Policy 20 – 20 Hand Hygiene
- Soap and water is used when hands are visibly soiled and for CDI

## 5. Remove mask/visor or N95 respirator
### Removal of mask/visor
- Avoid touching the contaminated area on the front of all types of eye and face protection.
- Grasp the elastic behind both ears, unhook from ear and pull away from side of head and simultaneously extending arms forward to remove the mask and visor from the face
- Dispose of the mask in the waste receptacle

### Removal of N95 respirator
- If wearing a N95 particulate respirator remove it in the anteroom or outside the client room
- Remove prescription glasses if not already done so
- Both hands go to base of neck, grasp bottom strap lifting up and over keeping hands away from front of respirator and pull past chin
- Hold bottom strap taught with one hand, your free hand goes to your ear, grasp top strap lifting up and overhead
- Bring both arms forward and bring the respirator away from your face and discard

## 6. Perform hand hygiene
- Perform hand hygiene following Policy 20 – 20 Hand Hygiene
- Soap and water is used when hands are visibly soiled and for CDI