

USE OF PPE IN OSTEOPATHIC PRACTICE



EYE PROTECTION
to be worn on risk assessment



FLUID RESISTANT SURGICAL MASK



DISPOSABLE APRON



GLOVES



GUIDE TO DONNING AND DOFFING PERSONAL PROTECTIVE EQUIPMENT (PPE)

DONNING OR PUTTING ON PPE

Before putting on the PPE, perform hand hygiene. Use alcohol handrub or gel or soap and water. Make sure you are hydrated and are not wearing any jewellery, bracelets, watches or stoned rings.

1. Put on your plastic apron, making sure it is tied securely at the back. You are now ready to enter the patient area.
2. Put on your surgical face mask, if tied, make sure securely tied at crown and nape of neck. Once it covers the nose, make sure it is extended to cover your mouth and chin.
3. Put on your eye protection if there is a risk of splashing.
4. Put on non-sterile nitrile gloves.
5. You are now ready to enter the patient area.



DOFFING OR TAKING OFF PPE

Surgical masks are single session use, gloves and apron should be changed between patients.

1. Remove gloves, grasp the outside of the cuff of the glove and peel off, holding the glove in the gloved hand, insert the finger underneath and peel off second glove.
2. Perform hand hygiene using alcohol hand gel or rub, or soap and water.
3. Snap or unfasten apron ties at the neck and allow to fall forward. Snap waste ties and fold apron in on itself, not handling the outside, and put into clinical waste.
4. Once outside the patient room, remove eye protection if worn.
5. Perform hand hygiene using alcohol hand gel or rub, or soap and water.
6. Remove surgical mask.
7. Place all used PPE in plastic bag and dispose as per PPE disposal instructions.
8. Now wash your hands with soap and water.



- **Clean your hands** before and after patient contact and after removing some or all of your PPE
- **Clean all the equipment** that you are using according to local policies
- **Take off your PPE safely**
- **Dispose of your PPE safely** as the guidance
- **Take breaks and hydrate** yourself regularly

For more information on infection control and use of PPE in osteopathic practice visit

iOsteopathy.org/COVID-19