

# DOFFING (TAKING OFF) PERSONAL PROTECTIVE EQUIPMENT: DROPLET & CONTACT AND AIRBORNE PRECAUTIONS (INCLUDES AEROSOL-GENERATING MEDICAL PROCEDURES)

## DOCUMENT TYPE: PROCEDURE

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### Site Applicability

Doffing or taking off personal protective equipment (PPE) applies to all staff at BC Children's Hospital and BC Women's Hospital and Health Centre.

### Practice Level/Competencies

Doffing of personal protective equipment is a basic skill for all staff.

### Policy Statement(s)

Staff must follow Infection Prevention and Control procedures for doffing personal protective equipment.

All staff use only workplace provided PPE.

### Equipment & Supplies

Soap and water OR alcohol-based hand sanitizer (inside and outside room)

Garbage bin (inside and outside room)

Laundry bin (inside room)

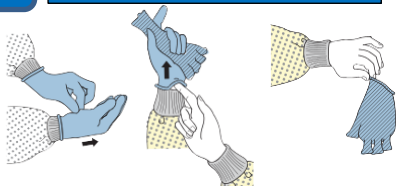
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## PROCEDURE: Steps for Doffing (Taking Off) Personal Protective Equipment (PPE)

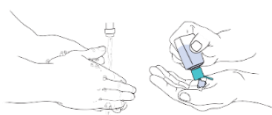
### STEPS 1-5 INSIDE ROOM

#### 1 Remove Gloves



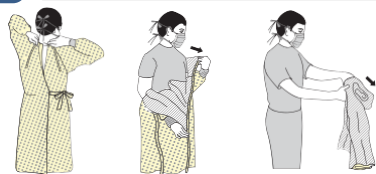
Grasp the outside edge near your wrist and peel it away, rolling the glove inside out. Then, reach under the glove on your other hand, peel it away and discard.

#### 2 Hand Hygiene



Clean all surfaces of hands & wrists with soap/water or alcohol-based hand sanitizer

#### 3 Remove Gown



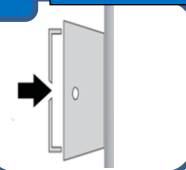
Untie at the waist and neck, Gently pull gown from neck and shoulders. Turn gown inside out, roll into a bundle and discard.

#### 4 Hand Hygiene



Clean all surfaces of hands & wrists with soap/water or alcohol-based hand sanitizer

#### 5 Exit Pt. Room



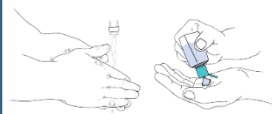
### STEPS 6-10 OUTSIDE ROOM/IN ANTE ROOM:

#### 6 Remove eye protection



Remove Goggle or Face Shield. Bend forward, grasp the strap toward the back and pull it over your head and discard.

#### 7 Hand Hygiene



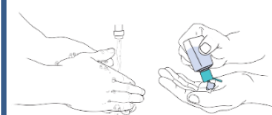
Clean all surfaces of hands & wrists with soap/water or alcohol-based hand sanitizer.

#### 8 Remove mask



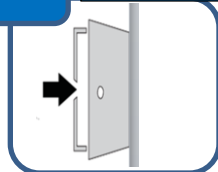
**Surgical/Procedure Mask:** Grasp the mask loops from behind ears. Bend forward, pull off your head and discard  
**N95:** Grasp bottom strap from behind your head. Pull forward off your head, bending at the waist to allow mask to fall away from your face. Grasp top strap from behind your head. Pull forward off your head, bending at the waist to allow mask to fall away from your face and discard.

#### 9 Hand Hygiene



Clean all surfaces of hands & wrists with soap/water or alcohol-based hand sanitizer

#### 10 Exit Ante Room



## DOFFING (TAKING OFF) PERSONAL PROTECTIVE EQUIPMENT: DROPLET & CONTACT AND AIRBORNE PRECAUTIONS (INCLUDES AEROSOL-GENERATING MEDICAL PROCEDURES)

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STEPS	RATIONALE
<b>PERFORM STEPS 1-5 INSIDE ROOM</b>	
<b>1. DOFF/TAKE OFF Gloves:</b> <ul style="list-style-type: none"> <li>Grasp the outside edge near your wrist and peel it away, rolling the glove inside out.</li> <li>Slide fingers of ungloved hand under glove on other hand, peel off</li> <li>Discard in garbage bin.</li> </ul>	<i>Proper technique for glove removal prevents contamination of body or clothing.</i>
<b>2. PERFORM Hand Hygiene:</b> <ul style="list-style-type: none"> <li>Clean all surfaces of hands and wrists with soap &amp; water OR alcohol-based hand sanitizer</li> <li>Exit patient room</li> </ul>	<i>Routine Practices for Infection Prevention and Control require proper hand hygiene before and after touching any patient and/or their environment. Hand hygiene is one of the most effective measures to prevent the spread of infection.</i>
<b>3. DOFF/TAKE OFF Gown:</b> <ul style="list-style-type: none"> <li>Untie at waist and neck.</li> <li>Gently pull gown from neck and shoulders (touching only inside of gown)</li> <li>Turn gown inside out and roll into a bundle</li> <li>Discard in laundry bin (reusable gowns) or garbage bin (disposable gowns)</li> </ul>	<i>Proper technique for gown removal prevents contamination of body or clothing.</i>
<b>4. PERFORM Hand Hygiene:</b> <ul style="list-style-type: none"> <li>Clean all surfaces of hands and wrists with soap &amp; water OR alcohol-based hand sanitizer</li> </ul>	<i>Routine Practices for Infection Prevention and Control require proper hand hygiene before and after touching any patient and/or their environment. Hand hygiene is one of the most effective measures to prevent the spread of infection.</i>
<b>5. EXIT</b> patient room	
<b>PERFORM STEPS 5-10 OUTSIDE ROOM/IN ANTE ROOM (if ante room present)</b>	
<b>6. DOFF/TAKE OFF Eye Protection:</b> <ul style="list-style-type: none"> <li>Bend forward</li> <li>Grasp strap toward the back and pull it over your head</li> <li>Discard in garbage bin</li> </ul>	<i>Maintaining a distance of 2 meters or more is not possible in many patient rooms. Removing eye protection and mask <b>outside</b> the room for both Droplet &amp; Contact and Airborne Precautions (including aerosol-generating medical procedures) protects staff from contamination.</i>  <i>Bending forward helps prevent contaminated eye protection from touching body or clothing.</i>
<b>7. PERFORM Hand Hygiene:</b> <ul style="list-style-type: none"> <li>Clean all surfaces of hands and wrists with soap &amp; water OR alcohol-based hand sanitizer</li> </ul>	<i>Routine Practices for Infection Prevention and Control require proper hand hygiene before and after touching any patient and/or their environment. Hand hygiene is one of the most effective measures to prevent the spread of infection.</i>
<b>8. DOFF/TAKE OFF Mask:</b> For Surgical/Procedure mask: <ul style="list-style-type: none"> <li>Grasp mask loops from behind ears</li> <li>Bend forward</li> <li>Pull off your head</li> <li>Discard in garbage bin</li> </ul>	<i>Maintaining a distance of 2 meters or more is not possible in many patient rooms. Removing eye protection and mask <b>outside</b> the room for both Droplet &amp; Contact and Airborne Precautions (including aerosol-generating medical procedures) protects staff from contamination.</i>

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<p>For N95 mask:</p> <ul style="list-style-type: none"> <li>• Grasp bottom strap from behind your head</li> <li>• Pull forward off your head bending forward at waist to allow mask to fall away from your face</li> <li>• Grasp top strap from behind your head</li> <li>• Pull forward off your head bending at waist to allow mask to fall away from your face</li> <li>• Discard in garbage</li> </ul>	<p><i>Bending forward helps prevent contaminated mask from touching body or clothing.</i></p> <p><i>Proper N95 mask removal helps prevent contaminated mask from touching body or clothing.</i></p>
<p><b>9. PERFORM</b> Hand Hygiene:</p> <ul style="list-style-type: none"> <li>• Clean all surfaces of hands and wrists with soap &amp; water OR alcohol-based hand sanitizer.</li> </ul>	<p><i>Routine Practices for Infection Prevention and Control require proper hand hygiene before and after touching any patient and/or their environment.</i></p> <p><i>Hand hygiene is one of the most effective measures to prevent the spread of infection.</i></p>
<p><b>10.EXIT</b> ante room if present</p>	
<p><b>11.PERFORM</b> Hand Hygiene:</p> <ul style="list-style-type: none"> <li>• Clean all surfaces of hands and wrists with soap &amp; water OR alcohol-based hand sanitizer</li> </ul>	<p><i>Routine Practices for Infection Prevention and Control require proper hand hygiene before and after touching any patient and/or their environment.</i></p> <p><i>Hand hygiene is one of the most effective measures to prevent the spread of infection.</i></p>

### References

- BCCDC March 2020. Coronavirus COVID-19: The 5 Steps to Don (put on) personal protective equipment (PPE).
- BCCDC March 2020. Coronavirus COVID-19: The 6 Steps to Doff (take off) personal protective equipment (PPE).
- Infection Prevention and Control. 2020. COVID-19+ Reference Tool.
- Infection Prevention and Control. 2016. Personal Protective Equipment Standard Routine Practices.
- Provincial Infection Control Network of BC. 2019. Novel Coronavirus: Aerosol Generating Medical Procedures in Healthcare Settings.

### Definitions

**Aerosol Generating Medical Procedures (AGMPs)** generate small droplet nuclei in high concentrations that present a risk for airborne transmission of pathogens not otherwise able to spread by the airborne route. Examples include nebulized therapy, CPR, endotracheal intubation & extubation, high frequency oscillatory ventilation, bronchoscopy and bronchoalveolar lavage, laryngoscopy, positive pressure ventilation (BiPAP & CPAP), open airway suctioning, sputum induction, high flow nasal cannula (HFNC).

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## Version History

DATE	DOCUMENT NUMBER and TITLE	ACTION TAKEN
18-Mar-2020	C-0506-12-60562 Doffing (Taking Off) Personal Protective Equipment	Developed by Professional Practice Leader, Nursing; Approved by Professional Practice Director
4-Apr-2020	"	Updated by Professional Practice Leader Nursing; Approved by Professional Practice Director
23-Apr-2020	"	Updated; Approved by Professional Practice Director
4-May-2020	"	Updated by Professional Practice Leader Nursing; Approved by Professional Practice Director

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