

Personal protective equipment¹

- PPE is only effective when combined with good hand hygiene, good respiratory hygiene and effective infection control practice.
- All staff, including domestic cleaners, must be trained and understand how to use PPE appropriate to their role to limit the spread of COVID-19.

DO NOT USE MOBILE PHONES WHILST WEARING PPE

Gloves

- Protect you from picking up the COVID-19 from the environment (such as contaminated surfaces) or directly from people with COVID-19.
- Care must be taken not to touch the face, mouth or eyes when wearing gloves.
- Gloves must be disposed of correctly after each episode of care and hand hygiene performed.

Disposable Plastic Aprons

- Protect your uniform or clothes from contamination when providing care
- Aprons must be removed and disposed of after each episode of care correctly to prevent contaminating your hands.
- Aprons are single use items

Fluid Resistant surgical masks (FRSM)

- Protect you from respiratory droplets produced by residents (e.g. when they cough or sneeze), by providing a barrier to prevent these reaching your mouth and nose.
- They also protect residents from you and fellow care workers by minimising the risk of transmitting infection from yourself (via secretions or droplets from your mouth, nose and lungs) to residents when you are caring for them.
- Avoid touching your face mask with your hand or allowing it to dangle round your neck.
- Masks may be worn on a sessional basis this means wearing changing them in between breaks,

Masks must be change immediately if they are:













- Damaged
- Uncomfortable
- Become Damp or Moist
- Difficult to breathe through
- Soiled (e.g. with secretions, body fluids)

Eye/face protection

- Protects you from respiratory droplets produced by residents (e.g. when caring for a repeatedly coughing resident), and from splashing of secretions, blood, body fluids or excretions such as vomit by providing a barrier to prevent these reaching your eyes.

¹ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/881329/COVID-19_How_to_work_safely_in_care_homes.pdf
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- Eye protection should be discarded and replaced (or decontaminated if the item is re-usable) and not be continued to be used if they are soiled, uncomfortable or damaged.

	Disposable Gloves	Plastic Apron	Fluid Resistant Surgical Mask (FRSM) IIR	Eye/Face Protection
Personal Care in Direct Contact with the Resident (applies to all care) (e.g. touching) or within 2 metres of a resident who is coughing	Single use To protect you from contact with residents body fluids and secretions 	Single use To protect you from contact with residents body fluids and secretions 	Sessional use* FRSM can be won on a sessional basis this means changing masks in between breaks, if damaged or moist. 	Sessional use Where there is a risk of contamination to the eyes from respiratory droplets or splashing from secretions 
When performing a task requiring you to be within 2 metres of resident(s) but no direct contact with resident(s)	Not Required 	Not Required 	Sessional Use* 	Not Required 
Working in communal areas with residents no direct contact but potentially within 2 metres of resident(s)	Not Required 	Not Required 	Sessional Use* 	Not Required 

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.

- Put on your plastic apron, making sure it is tied securely at the back.


- 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.


- Put on your eye protection if there is a risk of splashing.


- Put on non-sterile nitrile gloves.


- 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 the neck and allow to fall forward.



Snap waste ties and fold apron in on itself, not handling the outside as it is contaminated, and put into clinical waste.

- 4 Once outside the patient room. Remove eye protection.



- 5 Perform hand hygiene using alcohol hand gel or rub, or soap and water.



- 6 Remove surgical mask.



- 7 Now wash your hands with soap and water.



PPE which is NOT sessional use must be removed inside the resident's bedroom