**Donning & Doffing – Practical Session**

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| **Aspect of training** | **Delivered** | **Comments/Questions** |
| **Donning PPE:** |  |  |
| **Don apron**Open fully to ensure as much coverage as possible | Y/N |  |
| Tie waist ties behind back |  |  |
| **Don Mask**Demonstrate front/back top/bottom |  |  |
| Press firmly along nose piece |  |  |
| Ensure mask is pulled right under chin |  |  |
| **Don goggles or face visor (if required)**Place over face and eyes; adjust to fit |  |  |
| **Don gloves**Ensure correct fit |  |  |
|  |  |  |
| **Doffing of PPE:** |  |  |
| Advise this should be done whilst still in the room where care is delivered |  |  |
| **Remove gloves**Grasp outside of glove with opposite gloved hand, peel off. |  |  |
| Hold removed glove in gloved hand |  |  |
| Slide fingers of un-gloved hand under remaining glove at wrist |  |  |
| Peel second glove off over first glove |  |  |
| Discard in bin. **Gel hands** |  |  |
| **Remove apron**Break neck ties and lower down |  |  |
| Break waist straps behind back |  |  |
| Peel the apron forward, only touching the inside of the apron |  |  |
| Fold or roll into bundle and discard into bin. **Gel hands** |  |  |
| If eye protection is single use remove now, otherwise leave the room |  |  |
| **Remove eye-protection**Handle by head band or ear pieces – do not touch the front |  |  |
| Keeping head up, close eyes and gently lift away from face |  |  |
| Place on wipe-able surface. **Gel hands** |  |  |
| **Remove mask - If wearing glasses, remove them and place on wipe-able surface** |  |  |
| Keeping head up, close eyes and gently lift away from face and discard |  |  |
| **Wash hands using soap and water** |  |  |