

Donning and Doffing Activity

Use the images below from the NHS, along with the video provided, to help you practice the dressing and removal of PPE, and complete the task in the window directly below.

It's an emergency!

Scenario: You are a nurse in a busy A&E ward. Suddenly you get a call that an emergency case is arriving imminently. You need to don your PPE quickly and hygienically. No sooner have you helped deal with this case then another emergency case arrives. To prevent contamination, you must quickly doff the PPE in readiness to don another set.

To replicate this scenario, place yourself in small groups. Spend **10 minutes** working together to practice donning and doffing the PPE. Each person should give this a go. Then select who you think is the most effective member of your group. They will need to complete the action of donning and doffing in competition with selected members of the other groups. The facilitator will time this action, recording the order of speed for each group. Without contaminating further, all the doffed PPE will then be checked in the black box with the forensics torch to identify the order of who was the most hygienic.

As a whole class, led by the facilitator, you should now have a discussion to decide which group was the most effective in this emergency scenario. You may want to debate whether speed or hygiene are the most important factors to consider

Guide to donning and doffing standard Personal Protective Equipment (PPE)

for health and social care settings

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. 
- 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. 



Taking off personal protective equipment (PPE) for non-aerosol generating procedures (AGPs)*

Please see donning and doffing video to support this guidance: https://youtu.be/-GncQ_ed-9w

• PPE should be removed in an order that minimises the risk of self-contamination

• Gloves, aprons (and eye protection if used) should be taken off in the patient's room or cohort area

1 Remove gloves. Grasp the outside of glove with the opposite gloved hand; peel off. Hold the removed glove in the remaining gloved hand.



Slide the fingers of the un-gloved hand under the remaining glove at the wrist. Peel the remaining glove off over the first glove and discard.



2 Clean hands.



3 Apron. Unfasten or break apron ties at the neck and let the apron fold down on itself.



Break ties at waist and fold apron in on itself – do not touch the outside – **this will be contaminated.** Discard.



4 Remove eye protection if worn. Use both hands to handle the straps by pulling away from face and discard.



5 Clean hands.



6 Remove facemask once your clinical work is completed. Untie or break bottom ties, followed by top ties or elastic, and remove by handling the ties only. Lean forward slightly. Discard. DO NOT reuse once removed.



7 Clean hands with soap and water.

