



1. Definition: Special clothing we use to protect ourselves from potential splashes of blood/body fluids / chemicals

2. Types

- Gloves
- Masks
- Plastic aprons
- Eye protection: visors/goggles/face shield

3. Needed when: Any chance of contact with body fluids, e.g. emptying catheter bags, handling drips/ drains, taking bloods

Gloves: Sterile and non-sterile

- Gloves reduce the risk of exposure of staff to service users body fluids, and protect the service user from organisms that may be on healthcare workers hands
- Staff with latex allergy must be provided with alternatives, e.g. nitrile, vinyl gloves
- Powdered latex gloves should **never** be used
- Always wash hands before and after putting on gloves
- Perform a risk assessment, if you don't need gloves don't wear them.
- Latex gloves are being replaced with nitrile as per HSE Latex Policy.

Wearing gloves is never a substitute for good hand hygiene – hands must be cleaned before putting on gloves, and after removing them!

Masks

- Required for routine care in respiratory tract infections (RTI), e.g. Influenza
- Wear a surgical mask when in direct contact or within 3 feet of the service user. Wear gloves and aprons also when providing direct care to service users with RTI

Main Points

- Surgical masks suitable for most situations
- Change mask if it becomes damp, wet or torn
- Discard mask when leaving the service users room
- Wash hands immediately after removal
- Service user should avoid leaving sick room and entering communal areas. If this is necessary, a mask must be worn
- To correctly put on/remove mask see poster overleaf

Aerosol Generating Procedures

FFP2 or FFP3 mask, goggles, long sleeved disposable gown

Plastic aprons

Prevent blood / body fluid splashes

PPE is the lowest protective measure in the hierarchy of risk controls

Correct sequence for putting on and removing PPE to prevent contamination of the face, mucous membranes and clothing.

Putting on PPE

1. Decontaminate hands
2. Put on disposable apron/gown
3. Put on mask (Surgical or FFP2 or FFP3)



For FFP2 or FFP3 masks:

Fit Check

- A. Place mask over nose, mouth and chin
- B. Fit flexible nose piece over nose bridge
- C. Secure on head with elastic
- D. Adjust to fit
- E. Inhale – mask should collapse
- F. Exhale – check for leakage around face



4. Put on goggles if required
5. Put on gloves

Removing PPE

In patients' room

1. Remove gloves (avoid touching the outside of the gloves)
2. Decontaminate hands
3. Remove goggles
4. Remove gown or apron (avoid touching the front of the gown/apron)



In ante room or directly outside patients' room. Ensure door is closed

5. Remove mask by breaking the ties. If ties are elastic grasp and lift ties from behind your head and pull off mask away from your face. Avoid touching the front of the mask & use ties to discard



6. Discard all PPE into healthcare risk waste
7. Decontaminate your hands

