



ICRC Prehospital Emergency Care (PHEC) – PPE Quick Guide DONNING & DOFFING

Ambulance responders should ensure they use the appropriate PPE to limit droplet transmission from patients with suspected COVID-19 if they are going to be within 2 metres of the patient.

- Place a surgical mask on the patient (if tolerated).
- Limit personnel within 2 metres of the patient to those that are necessary.

Using PPE

- Perform hand hygiene before donning PPE.
- Provide a surgical mask for the patient if they can tolerate it.
- Use a single-use disposable surgical mask, gown, gloves and eye protection
- If performing Aerosol Generating procedures (AGP) -for example, using a nebuliser- use FFP2/N95 masks if you have them – In general AGPs should be avoided if possible.
- Perform hand hygiene after doffing (removing) PPE.

Recommended PPE:

- **single-use surgical mask**
- **single-use gown**
- **single-use disposable gloves**
- **eye protection (may be reusable)**

Respiratory protection - single-use surgical mask

The respirator protects from the inhalation of droplets and particles. The ICRC suggests as minimum PPE the use of surgical masks (due to a shortage of respirators). FFP2/N95 masks are only required for AGPs, and if these masks are not available then the performance of AGPs is not recommended. Surgical masks do not require fit testing.

Body protection - single-use gown

Long-sleeved water-resistant gowns should be used to prevent body contamination (coverall suits are nevertheless recommended if available). This PPE item does not need to be sterile. If water-resistant gowns are not available, a single-use plastic apron worn over the non-water-resistant gown can be used.

Hand protection – single-use disposable gloves

Gloves should be used when managing suspected or confirmed COVID-19 patients.

Eye protection - eye protection (may be reusable)

Goggles, or face shields, should be used to prevent virus exposure of the eye mucosa. **Important:** goggles need to fit the user's facial features and have to be compatible with the mask/ respirator.



Coronavirus disease (COVID-19)

1. Putting on (donning) personal protective equipment (PPE)

Pre-donning instructions

- ensure healthcare worker hydrated
- tie hair back
- remove jewellery
- check PPE in the correct size is available



The first PPE to be donned is the gown. There are different types of gowns; this guidance presents a reusable long-sleeved water-resistant gown. When using a gown with back closure, as shown below, a second ambulance responder should assist in buttoning up the back ...

1



2

After wearing the gown, proceed to the second PPE; the face mask (or respirator is available) that protects from the inhalation of droplets and particles. If a face mask (surgical mask) is worn because respirators are not available, it is important to correctly position it on the face and adjust it with the metal nose clip in order to achieve a proper fit.





Coronavirus disease (COVID-19)



Once the mask and respirator have been properly fitted the **third step** is to put on the goggles for eye protection. Place the goggles over the mask's straps and ensure that it fits snugly – but not too tightly.

3

After the goggles, the gloves are the last and **fourth step**. When wearing gloves, it is important to extend the glove to cover the wrist over the gown's cuffs. For individuals allergic to latex gloves, an alternative option, for example nitrile gloves, should be available.

4





Coronavirus disease (COVID-19)

2. Removal of (doffing) personal protective equipment (PPE)

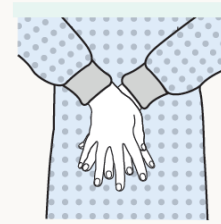
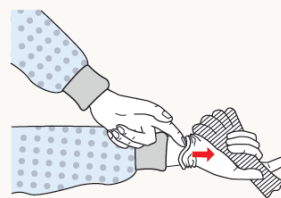
PPE should be removed in an order that minimises the potential for cross contamination. PPE is to be always removed in a systematic way i.e. gloves, then gown and then eye protection. The process should be supervised by a buddy at a distance of 2 metres to reduce the risk of the ambulance responders removing PPE and inadvertently contaminating themselves while doffing.

Important: All PPE must be disposed of as healthcare (in clinical) waste...

1

Gloves –

the outsides of the gloves are contaminated



Clean hands with alcohol gel

2

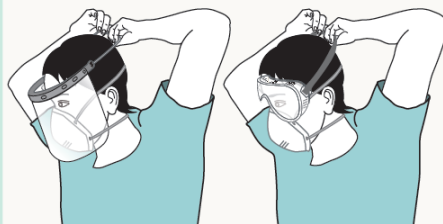
Gown –

the front of the gown and sleeves will be contaminated



3

Eye protection -
the outside will be contaminated



4

Respirator

Clean hands with alcohol hand rub. Do not touch the front of the respirator as it will be contaminated



5

Wash hands with soap and water



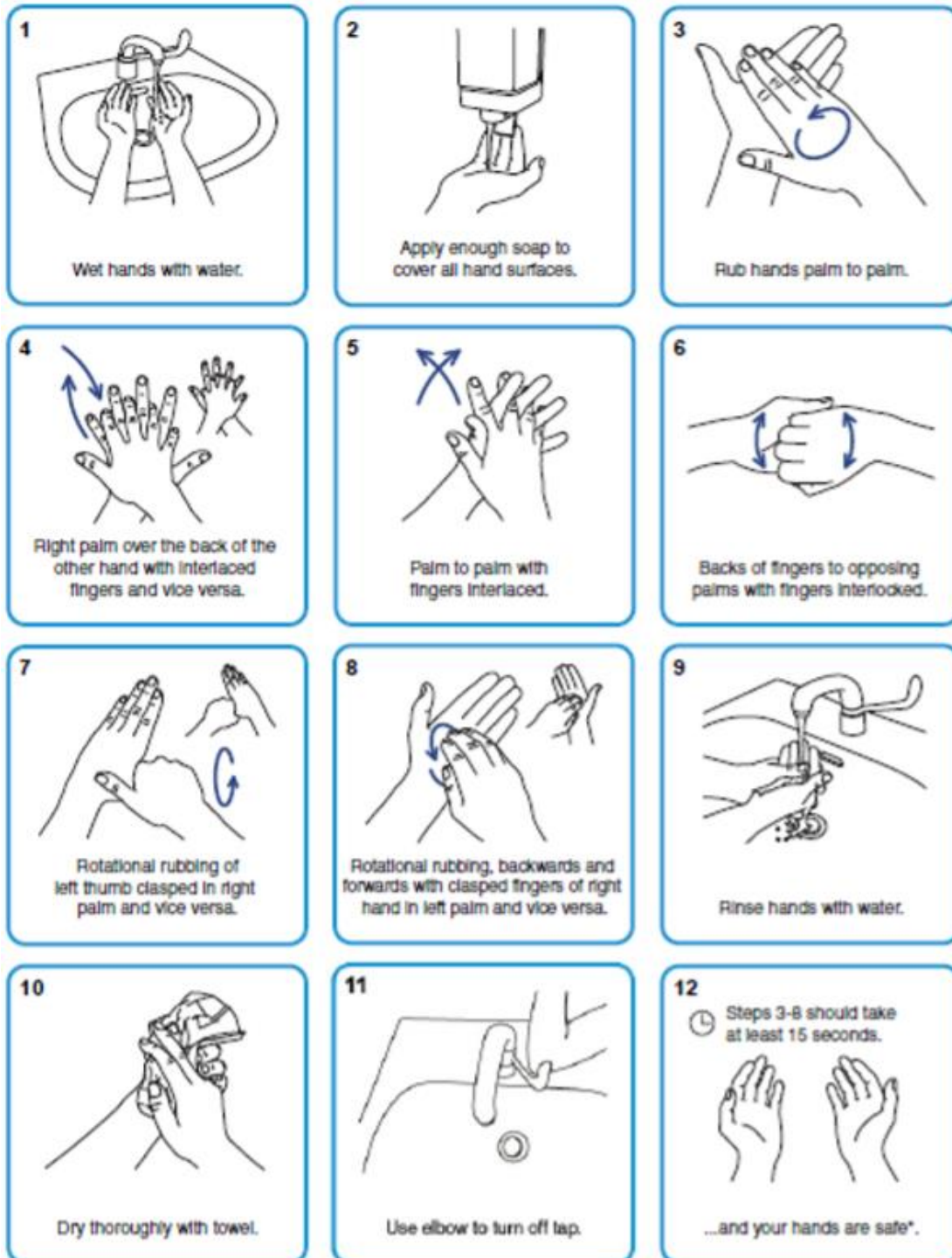


Coronavirus disease (COVID-19)

APPENDIX 1

Best practise how to hand wash

Process (3-8) should at least take 15seconds





Coronavirus disease (COVID-19)

APPENDIX 2

Best practise how to hand rub

Duration of process: 20-30 seconds



Note: Hand sanitisers must contain at least 60 percent alcohol.

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