

Please remember the correct method of Donning and Doffing of PPE (surgical face masks)...

It will protect you and your residents....

Your employer provides training and provision of personal protective equipment (PPE) that is effective against the hazards we are facing in the healthcare workplace today.

In turn, to protect you and your residents, you need to take responsibility for the correct use of PPE.

Wearing PPE and especially masks takes some getting used to, but used **inappropriately** increases the risk of transmitting Covid-19 to yourself and your residents.

Please remember:

- Surgical face masks can be worn for single sessional use (see below)
- Wash your hand with liquid soap and warm running water or use alcohol handrub
- Put on your surgical face mask, if tied, make sure securely tied at crown and nape of neck. Once it covers the nose, fitting the contour of the face, make sure it is extended to cover your mouth and chin
- Do not touch the surface of the mask and then your face, as this will lead to further spreading of the virus to yourself and your residents from your hands
- A mask should never be allowed to dangle around the neck, e.g. when taking a quick break, placed in a pocket or on a clean surface
- Untie or break bottom ties, followed by top ties or elastic, and remove by handling the ties only. Lean forward slightly
- As soon as a mask is removed it should be disposed of appropriately
- Always wash your hands, and extended to exposed forearms, after removing a mask
- Remember - use the ties or loops to put your mask on and pull it off
- Remember - do not touch the front of the mask when you take it off
- DO NOT reuse once removed
- Always, always - wash your hands

Single sessional use refers to a period of time where a care worker is undertaking duties in a specific care setting or exposure environment, e.g. providing ongoing care for residents. A session ends when the care worker leaves the care setting or exposure environment. Sessional use should always be risk assessed and considered where there are high rates of cases. The duration of a single session will vary depending on the clinical activity being undertaken. PPE should be disposed of after each session or earlier if damaged, soiled, or uncomfortable.