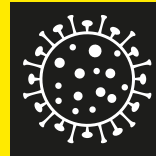


Coronavirus COVID-19



Coronavirus
COVID-19
Public Health
Advice

Donning Coveralls in the context of COVID 19

PERFORM IN A DESIGNATED AREA OUTSIDE THE PATIENT ROOM

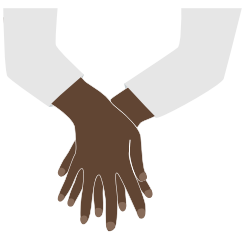
BEFORE YOU BEGIN

- Check you have a chair to sit on if needed
- Check that items of PPE in your size are available and near you, as well as alcohol based hand rub (ABHR)
- The sequence of donning PPE for a coverall with a hood is slightly different, depending on whether you are going to wear goggles or a visor, so follow the recommended sequence for coverall with either goggles or visor below

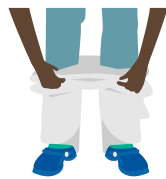
BEFORE YOU PUT ON PPE

- Be well hydrated and have taken a toilet break
- Have removed all jewellery including earrings
- Be bare below the elbows
- Have secured your hair back off your face
- Do not bring mobile phones/bleeps into an isolation area

1 Perform hand hygiene.



2 Put on coverall, but do not put up the hood. Depending on the style of coverall, it may or may not have integrated feet. Your normal work shoes may be worn with the coverall.



Sit down to put feet in.



Pull coverall towards arms and shoulders.



Zip halfway up

Push your thumb through the fabric approximately one inch up from the wrist cuff on the medial side of each coverall sleeve to create an artificial thumb loop.

3 A. If using an FFP2 respirator mask remember to Fit Check every time.



B. If using a surgical mask with ties, tie the upper straps on top of head and bring the lower straps up in front of the ears and tie on top of head. Mask with loops - loop straps over the ears.

CLICK HERE FOR FIT CHECK GUIDE!

4 If using goggles put on now. *Eye Protection is always required for AGP. In all other situations risk assess the requirement.



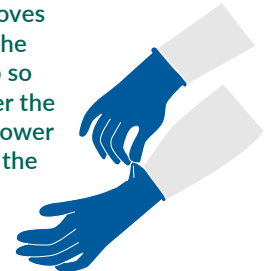
5 Now put up the hood of the coverall and close the zip.



6 If wearing a visor, apply after hood in position*



7 Put on gloves and pull the gloves up so they cover the cuff and lower sleeve of the coverall.



Check PPE is secure and comfortable – extend arms, bend at waist, turn and walk up and down – use the mirror to self-check and if available, ask your buddy to confirm