

COVID-19 GUIDANCE

Trackside Rescue and Medical Personnel

Putting On (Donning) Personal Protective Equipment (PPE)

Level 2: For all incidents and patient contacts (May 2020)

Protect yourself and limit the spread of infection

- Keep hands away from face and avoid touching PPE being worn
- Change gloves when torn or used extensively
- Limit surfaces touched
- Regularly perform hand sanitisation
- Always clean hands after removing gloves

Pre-donning instructions

- Ensure you are hydrated
- Tie hair back
- Remove jewellery
- Check PPE in the correct size is available
- Wash hands with alcohol gel

Putting on PPE

PPE should be put on in the following order:

1. Apron (if appropriate)
2. Surgical mask
3. Eye protection (if appropriate)
4. Gloves

STEP 1 > DON APRON

Use of an apron will depend on risk assessment on track. Put the apron on and tie at the back.



STEP 2 > DON SURGICAL MASK

There are two types of fastening:

- Elastic hoops – positioned over the ears
- Ties - position the upper straps on the crown of your head, above the ears and the lower strap at the nape of the neck, below the ears



Mask must be a snug fit to the cheeks, moulded to fit and worn to cover the mouth and nose.

STEP 3 > DON EYE PROTECTION

(If deemed appropriate)

Visors or goggles may be used.

Place over face and adjust the headband to fit.



STEP 4 > DON GLOVES

Select according to hand size.

