

COVID-19 GUIDANCE

Trackside Rescue and Medical Personnel

Putting On (Donning) Personal Protective Equipment (PPE)

Level 3: Where aerosol generating procedures (AGPs) may take place

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:

- Coveralls/surgical gown
- FFP3 respirator
- Eye protection
- Gloves

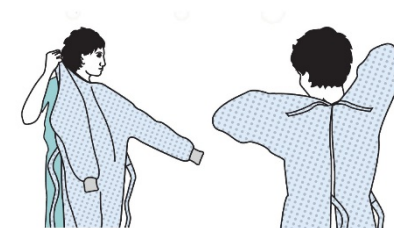
STEP 1 > DON COVERALLS/SURGICAL GOWN

COVERALLS:

- Step into coveralls
- Pull up over waist
- Insert arms into sleeves, ensuring sleeves cover end of gloves so no skin is visible
- Pull up over the shoulders
- Fasten zip all the way to the top

SURGICAL GOWN:

- Fully cover torso, neck to knees, arms to end of wrist, and wrap around the back
- Fasten at the back



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STEP 2 > DON FFP3 RESPIRATOR

Position the upper strap on the crown of your head, above the ears, and the lower strap at the nape of the neck, below the ears. Straps may be crossed in front of the ears if more effective/comfortable.

Ensure that the respirator is flat against your cheeks. With both hands, mould the nose piece from the bridge of the nose, firmly pressing down both sides of the nose with your fingers until you have a good facial fit.

If a good fit cannot be achieved DO NOT PROCEED.

The technique for this will vary according to different makes of respirator. Instructions for the correct technique are provided by manufacturers and should be followed for fit checking.



STEP 3 > DON EYE PROTECTION

Full face visors or goggles may be used.

Place over face and adjust the headband to fit.



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STEP 4 > DON GLOVES

Select according to hand size.

Ensure cuff of coveralls or surgical gown is covered by the cuff of the glove.

Where surgical gloves are worn, as they are longer, they may be worn over the sleeves to create a seal.

