COVID-19 GUIDANCE
Trackside Rescue and Medical Personnel

Removing Personal Protective Equipment (PPE)

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

STEP 3 > REMOVE EYE PROTECTION

- **Do not touch the outside of the eye protection as it may be contaminated**
- To remove, use both hands to handle the restraining straps by pulling away from behind, and discard
- **Clean hands with alcohol hand gel or rub**

STEP 4 > REMOVE MASK

You must only remove your mask in a safe area, away from other persons.

Clean hands with alcohol hand gel or rub.

Do not touch the front of the mask as it may be contaminated.

- Lean forward slightly
- Untie or break bottom ties, followed by top ties or elastic
- Remove mask by handling the ties only
- Let the mask fall away from your face and place in bin
- **DO NOT reuse once removed**

STEP 5 > WASH YOUR HANDS

Thoroughly clean your hands with soap and water or alcohol gel or rub

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STEP 6 > DISPOSAL OF PPE

- It is essential that used personal protective equipment is stored securely within disposable rubbish bags
- These bags should be placed into another bag, tied securely, and kept separate from other waste
- This should be put aside for at least 72 hours
- If you've been involved in a medical incident, all used PPE must be disposed of as category B clinical waste and any reusable items (for example eye protection or powered respirator hoods) must be decontaminated according to manufacturer instructions

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