

## COVID-19 GUIDANCE

### Trackside Rescue and Medical Personnel

#### Removing Personal Protective Equipment (PPE)

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

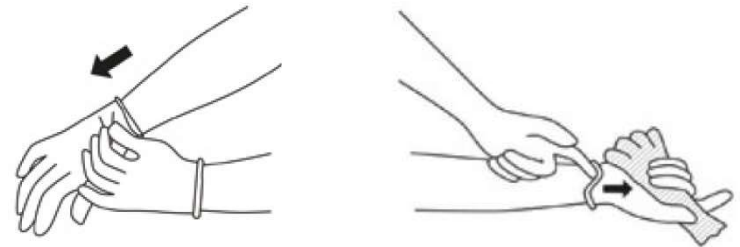
**This should be done outside and not in a rescue vehicle or ambulance.**

PPE must be removed in an order that minimises the potential for cross contamination. It must be removed carefully in a systematic way, away from other persons, in the following order: gloves, coveralls/gown, eye protection, respirator.

**All PPE must then be disposed of according to local protocols as clinical waste.**

#### STEP 1 > REMOVE GLOVES

- Grasp the outside of the outside of the outside of the glove with the opposite hand, then peel off
- Hold the removed glove in gloved hand
- Slide the fingers of the ungloved hand under the remaining glove at the wrist
- Peel the remaining glove off over the first glove and discard
- **Clean hands with alcohol hand gel or rub**



#### STEP 2 > REMOVE COVERALLS/SURGICAL GOWN

##### COVERALLS

- Tilt head back and, with one hand, pull the coveralls away from your body
- With the other hand, run your hand up the zip until you reach the top and unzip the coveralls completely, without touching any skin, clothes or uniform, following the guidance of your buddy

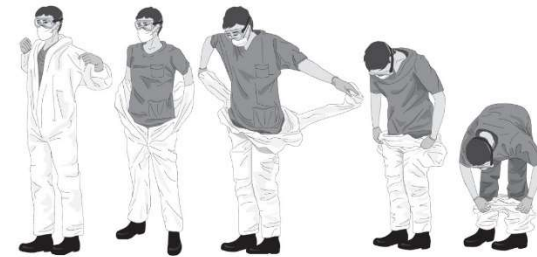
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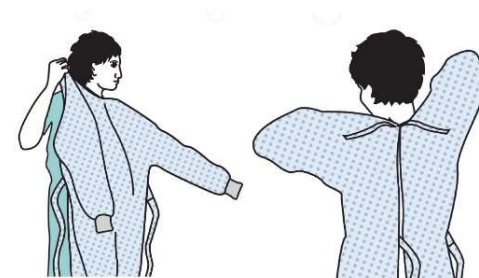
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- Remove coveralls from top to bottom. After freeing shoulders, pull arms out of the sleeves
- Roll the coverall, from the waist down, and from the inside of the coverall, down to the top of the shoes, taking care to only touch the inside of the coveralls
- Use one shoe-covered foot to pull off the coverall from the other leg and repeat for second leg. Then step away from the coveralls and dispose of as clinical waste
- **Clean hands with alcohol hand gel or rub**



#### SURGICAL GOWN

- First, release the tie, then grasp the gown at the hip area, and pull the gown down and away from the sides of your body
- Once the gown is off your shoulders, pull one arm at a time from the sleeves of the gown so that the gown's arms are bunched at your wrists. Then roll the exposed side of the gown inward until it's a tight ball
- Dispose of the gown as clinical waste
- **Clean hands with alcohol hand gel or rub**



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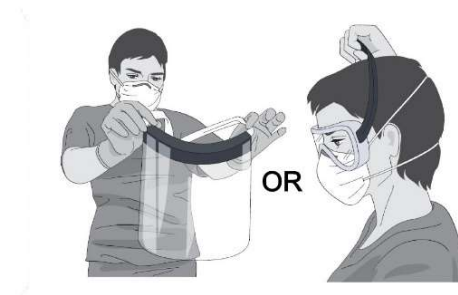
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#### STEP 3 > REMOVE EYE PROTECTION

- 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 RESPIRATOR

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

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

- Lean forward slightly
- Reach to the back of the head with both hands to find the bottom restraining strap and bring it up to the top strap
- Lift both straps over the top of the head
- Let the respirator fall away from your face and place in bin



#### 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