FIRSl RESPONDERS

HOW TO DOFF PPE USING PAPR

POWERED AIR PURIFYING RESPIRATORS

First Responder: ___________________________  Date: ___________________________
Trained Observer: ___________________________  Date: ___________________________

PURPOSE: This checklist has been developed to assist First Responders in the proper donning and doffing of Personal Protective Equipment (PPE), and securing on-scene used PPE.

HOW TO USE: This document should be used by Trained Observers and First Responders in conjunction with:
- CDC training videos for donning and doffing PPE (www.cdc.gov/vhf/ebola/hcp/ppetraining/).
- CDC Guidance on Personal Protective Equipment To Be Used by Healthcare Workers During Management of Patients with Ebola Virus Disease in U.S. Hospitals, Including Procedures for Putting On (Donning) and Removing (Doffing) – October 20, 2014. (www.cdc.gov/vhf/ebola/hcp/procedures-for-ppe.html).

IMPORTANT NOTES:
- Donning and doffing procedures are different, depending on the type of PPE selected.
- A Trained Observer to verify and document successful compliance with the protocol is required for proper PPE donning and doffing.

### Place and double bag used PPE in large (33 gallon or larger) leak-proof plastic bags. Secure at the scene until picked up by a State-provided contractor.

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- PPE doffing should be performed in a designated PPE removal area set up prior to doffing. Remember, doffing area should be located as close to the Hot Zone as safely feasible and set up prior to beginning the doffing process.

- Before entering PPE removal area, inspect and disinfect any visible contamination on PPE including gloved hands, using an EPA-registered disinfectant.

- Step into the pool set up prior to donning and remove any visible contamination using 10% household bleach solution (one [1] part household bleach and nine [9] parts water).

- As used PPE is doffed, drop into leak-proof plastic bags prepared earlier for that purpose.

- Using a written step-by-step checklist, the doffing process is also conducted under the guidance and supervision of a Trained Observer, who reads aloud each step of the procedure and visually confirms and documents that PPE is removed properly.

- Trained Observer:
  - Prior to doffing PPE, reminds First Responder to avoid reflexive actions that increase risk of exposure, such as touching the face.
  - Should minimize touching First Responder or his/her PPE during the doffing process.
  - May assist with removal of specific components of PPE, as outlined below.
  - Disinfects outer-gloved hands immediately after handling any First Responder PPE.

- Inspect PPE for visible contamination, cuts or tears.

- Disinfect potentially contaminated PPE using an EPA-registered disinfectant wipe or spray (if facility conditions permit and appropriate regulations are followed).

- Disinfect outer-gloved hands with either an EPA-registered disinfectant wipe OR alcohol-based hand rub (ABHR). Allow to dry.

- To avoid contaminating gloves, roll apron from inside (clean side) to outside.

- Inspect PPE ensemble again. Look for visible contamination, cuts or tears. If visibly contaminated, disinfect using EPA-registered disinfectant wipe.

- Use EPA-registered disinfectant wipe or ABHR. Allow to dry.

- Sit down to prevent falling. Avoid legs touching each other. While seated, remove and discard boot or shoe covers. Manufacturer may have additional instructions for the removal of boot covers.

- Disinfect outer-gloved hands with either an EPA-registered disinfectant wipe OR ABHR.

- Remove and discard outer gloves, taking care NOT to contaminate inner glove.

- Do not snap gloves, causing spray. Peel glove inside out, containing first glove from one hand inside second glove from other hand.
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| 9.   | Inspect and Disinfect Inner Gloves  
- Inspect the inner gloves’ outer surfaces for visible contamination, cuts or tears.  
- If inner glove is visibly soiled, cut or torn...  
  - Disinfect with either an EPA-registered disinfectant wipe OR ABHR.  
  - Remove inner gloves.  
- If no visible contamination, cuts or tears are identified on inner gloves, disinfect inner-gloved hands with either EPA-registered disinfectant wipe OR ABHR. |
| 10.  | Remove Respirator (PAPR)  
- If using PAPR with a self-contained filter and blower unit integrated inside the helmet, wait until Step 15 for removal. Go to Step 11 now.  
- If using PAPR with an external belt-mounted blower unit, all components must be removed at this step.  
  - Detach hose from hood. Remove and discard disposable hood.  
  - Disinfect inner gloves with either EPA-registered disinfectant wipe OR ABHR.  
  - Remove headpiece, blower, tubing and belt and battery unit. (This step might require assistance from the Trained Observer.)  
  - Disinfect inner gloves with EPA-registered disinfectant wipe or ABHR again.  
  - Place all reusable PAPR components in a designated container for disinfection. |
| 11.  | Remove Coverall  
- Tilt head back. CAREFULLY reach under the PAPR hood to locate zipper or fasteners.  
- Using two (2) fingers of one (1) hand only, unzip or unfasten coverall completely.  
- Roll coverall downward, turning inside (clean side) out.  
- Avoid contact of scrubs or disposable garments with outer surface of coverall.  
- Touch ONLY the inside (clean side) of the coverall. |
| 12.  | Disinfect Inner Gloves  
- Disinfect inner gloves again with either an EPA-registered disinfectant wipe OR ABHR. |
| 13.  | Disinfect Washable Shoes  
- Sit on a new, clean surface (e.g., second clean chair, clean side of a bench).  
- Using an EPA-registered disinfectant wipe, wipe down every external surface, including soles, of washable shoes. Avoid touching ankles. |
| 14.  | Disinfect Inner Gloves  
- Disinfect inner gloves again with either an EPA-registered disinfectant wipe OR ABHR. |
| 15.  | Remove Respirator (if not already removed)  
- If using a PAPR with self-contained filter and blower unit that is integrated inside the helmet, remove all components.  
  - Remove and discard disposable hood.  
  - Disinfect inner gloves (again) with EPA-registered disinfectant wipe OR ABHR.  
  - CAREFULLY remove and discard inner gloves.  
  - Do NOT contaminate bare hands.  
- Perform hand hygiene with ABHR.  
- Don a NEW pair of inner gloves.  
- Remove helmet and belt and battery unit. (This step might require assistance from the Trained Observer.) |
| 16.  | Disinfect and Remove Inner Gloves  
- Use EPA-registered disinfectant wipe OR ABHR.  
- CAREFULLY remove and discard inner gloves. Do not snap gloves, causing spray. Peel glove inside out, containing first glove from one hand inside second glove from other hand.  
- Do NOT contaminate bare hands. Do not touch face or bare skin. |
| 17.  | Perform Hand Hygiene  
- Perform hand hygiene with ABHR. |
| 18.  | Inspect  
- Perform a final inspection for any indication of contamination of scrubs or disposable garments.  
- IF contamination is identified, immediately notify supervisor before exiting PPE removal area. |
| 19.  | Scrubs  
- First Responder can leave PPE removal area wearing dedicated washable footwear and surgical scrubs or disposable garments. |
| 20.  | Shower  
- Showers are recommended for those...  
  - Performing high-risk patient care (e.g., exposed to large quantities of blood, body fluids or excreta).  
  - Spending extended periods of time with an Ebola patient. |
| 21.  | Protocol Evaluation/ Medical Assessment  
- Either the infection preventionist or occupational safety and health coordinator or their designee should meet with the First Responder to review patient care activities performed to identify any concerns about care protocols and to record First Responder’s level of fatigue. |