# PPE DOFFING Tips

<table>
<thead>
<tr>
<th>5 Step Method</th>
<th>Common Pitfalls</th>
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| **1. GLOVES** | Most common mistake: The first degloved hand pinching the outside (dirty side) of the second glove.  
Correct technique: Slide a degloved finger underneath and along the skin side of the second glove. |
| **1. GOGGLES / FACE SHIELD** | Most common mistake: Touching the goggles or face shield from the front, which is considered dirty.  
Correct technique: Grab the elastic band/ribbon in the back. |
| **2. GOWN** | Most common mistakes: De-gowning too quickly, which can aerosolize droplets.  
Not controlling the gown when one folds the outside (dirty side) inwards, leading to contamination of clean clothes by being in contact with the front of the gown.  
Correct technique: Slowly and mindfully do the following. 1. Untie knots in the back. Cross arms in the front and pinch the gown at the shoulders. Lean forward and extend your arms and bring your hands together, while still holding the outside of the gown. At this point, the gown is arm’s length away from your body. Finally fold the gown inside out and discard. We recommend cleaning your hands with alcohol after this step. |
| **2. MASK / RESPIRATOR** | Most common mistake: Taking off the surgical or N95 mask inside the room.  
Touching the mask from the front, which is dirty.  
Correct technique: This step should be done outside the patient’s room or in an ante room. Grab the elastic band/ribbon in the back. If there are two bands, take off the bottom band first. Lean face forward while de-masking. |
| **3. WASH HANDS** | Most common mistake: Not following a standard method to wash all surfaces for at least 20 seconds. Touching the faucet with hands after washing.  
Correct technique: We recommend washing before and after patient encounter.  
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