

How to work safely as a home carer

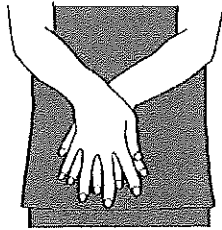
Putting on personal protective equipment (PPE)

Before putting on your PPE:

This is the type of PPE needed when providing personal care which requires you to be in direct contact with the resident(s) (e.g. touching) or within 2 metres of a resident who is coughing.

- make sure you drink some fluids before putting on your PPE
- tie hair back
- remove jewellery
- check PPE in the correct size is available

- 1 Clean your hands using alcohol hand rub/gel or use soap and water.



- 2 Put on apron and tie at waist.



- 3 Put on facemask – position upper straps on the crown of your head, lower strap at nape of neck.



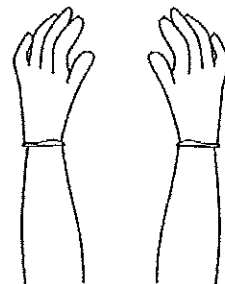
- 4 With both hands, mould the metal strap over the bridge of your nose.



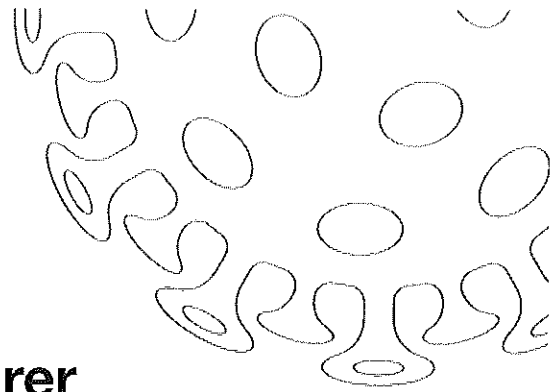
- 5 Don or put on your eye protection, if required due to the risk of splashing.



- 6 Put on gloves.



Please see the Putting on and taking off PPE – a guide for care homes video here:
<https://youtu.be/ozY50PPmsvE>



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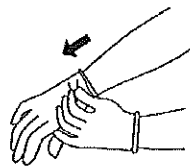
Taking off personal protective equipment (PPE)

• PPE should be removed in an order that minimises the risk of self-contamination

• Gloves, aprons (and eye protection if used) should be taken off in the resident's room area

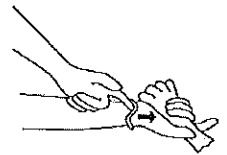
• This is the type of PPE needed when providing personal care which requires you to be in direct contact with the resident(s) (e.g. touching) or within 2 metres of a resident who is coughing

1 Remove gloves. Grasp the outside of glove with the opposite gloved hand; peel off.
Hold the removed glove in the remaining gloved hand.

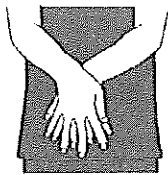


Slide the fingers of the un-gloved hand under the remaining glove at the wrist.

Peel the remaining glove off over the first glove and discard.



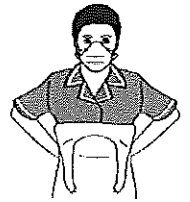
2 Clean hands.



3 Apron.
Unfasten or break apron ties at the neck and let the apron fold down on itself.



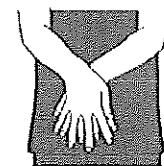
Break ties at waist and fold apron in on itself – do not touch the outside – **this will be contaminated.** Discard.



4 Remove eye protection if worn due to risk of splashing.
Use both hands to handle the straps by pulling away from face and discard or disinfect before using again.



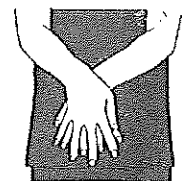
5 Clean hands.



6 Remove your facemask once your care task is completed and before you take a break, eat a snack or change activities. Untie or break bottom ties, followed by top ties, and remove by handling the ties, only because the front of the mask may be contaminated. For facemasks with elastic, stretch both the elastic ear loops wide to remove. Lean forward slightly. Discard. **DO NOT** reuse once removed.



7 Clean hands with soap and water.



Please see the guide and instruction video here:
www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes