



# Infection Prevention and Control Advice for Doffing Coveralls

Doffing coveralls needs to be undertaken in a careful and methodical manner to reduce the risk of self-contamination. Doffing should be performed in a dedicated area with a waste bin, alcohol-based hand rub (ABHR) and cleaning/disinfection wipes available.

It is preferable to use a PPE assistant to direct the doffing process as the risk of self-contamination during the doffing procedure is significant.

The PPE assistant is to, at a minimum, wear a mask, eyewear and gloves.

## PPE Materials List



**ABHR**



**Coverall**



**Mask**



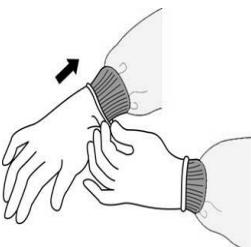
**Protective  
Eyewear**



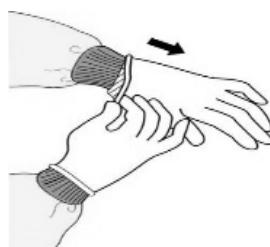
**Gloves**

## Step 1: Remove Gloves

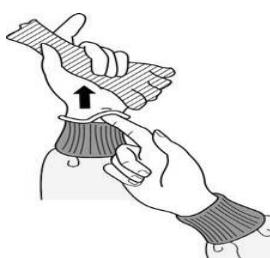
Ensure glove removal does not cause additional contamination of hands.



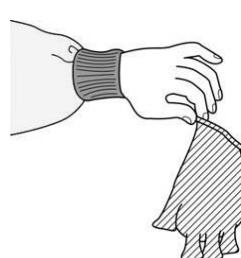
First glove - pinch outside of glove at wrist



Peel off glove completely into a ball



Hold in palm of opposite gloved hand. Second glove - slide ungloved finger under the wrist



- Peel off until balled around the other removed glove. Discard

## Step 2: Hand Hygiene

Perform hand hygiene by applying ABHR to both hands.

Refer to [Appendix A](#) for how to guide.

## Step 3: Remove Coverall

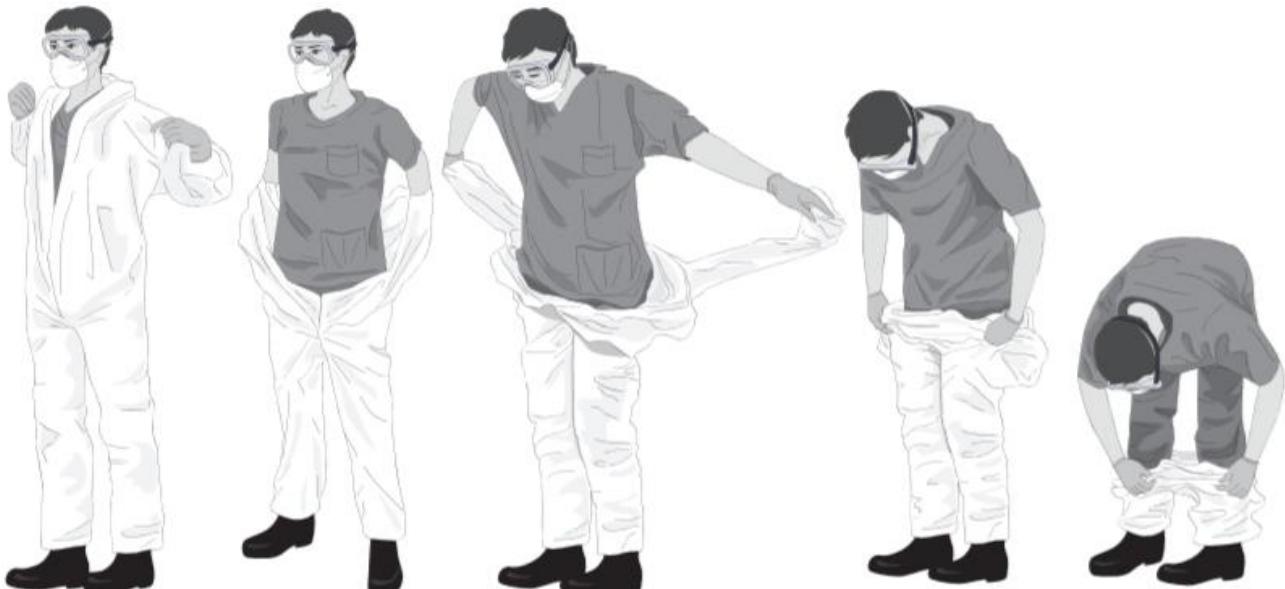
This step can be performed either by yourself or with the help of an assistant.

Tilt your head back and reach for the zipper at the top of the suit. Grasp the zipper with two fingers of one hand without using the other hand on the front of the suit and pull down. Unzip completely.

Grasp the outside of the coverall at the shoulders and pull it off your body in a downward motion until the coverall is off your shoulders completely.

Roll the suit outward and down the back in a controlled fashion, removing your arms and slowly pulling it down until it's at your feet, being careful not to touch your clothes or skin. At this point you can either sit on a stool to remove the suit off the feet or stand and remove.

NB: If a PPE assistant is used, they can roll down the back of the suit to assist the wearer with the process.



## Step 4: Hand Hygiene

Perform hand hygiene, apply ABHR to both hands.

## Step 5: Remove Protective Eyewear

Carefully remove face shield or goggles handling the sides of the glasses or strap of the face shield and pulling upwards and away from head. Do not touch the front of face shield or goggles. Place goggles/face shield aside ready to clean and disinfect or dispose in waste bin.

## Step 6: Hand Hygiene

Perform hand hygiene, apply ABHR to both hands.

## Step 7: Remove Mask

Remove and discard particulate filter respirator (PFR) or surgical facemask

Do not touch the front of the PFR or surgical facemask.

Tilt head forwards to remove.

**PFR:** Grasp bottom elastic band of the respirator, then the elastic band at the top. Remove without touching the face and bring it carefully over the head. Dispose of respirator into waste bin.

**Surgical facemask:** Carefully untie (or unhook from the ears) and pull away from face, holding loops or straps without touching the front. Dispose into waste bin.



**This document can be made available in alternative formats on request for a person with disability.**

© Department of Health 2025

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.

## Step 8: Hand Hygiene

Perform hand hygiene, apply ABHR to both hands.

## Step 9: PPE Assistant

The assistant will need to doff their PPE following the steps in [Appendix B](#).

## Step 10: Exit the Doffing Area

### Waste

All PPE is to be disposed of into general waste.

**This document can be made available in alternative formats on request for a person with disability.**

© Department of Health 2025

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.

# Appendix A: Hand Washing



Government of Western Australia  
Department of Health



## How to wash your hands

### With soap and water

Steps 1–4 below should take 40–60 seconds.

**1**

Wet hands,  
then apply soap



**2**

Lather for at least 20 seconds.  
Pay attention to the backs of  
hands and fingers, fingernails  
and the webbing between fingers

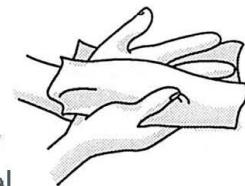
**3**

Rinse hands under  
running water



**4**

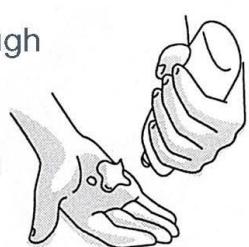
Dry hands with  
a clean towel, or  
fresh paper towel



### With hand sanitiser

**1**

Apply enough  
product to  
cover  
both hands



**2**

Rub all surfaces of both hands

**3**

Rub hands together until dry



# Personal Protective Equipment (PPE)

## Donning PPE

**Step 1** Perform hand hygiene



- Remove jewellery and ensure bare below the elbows
- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

**Step 2** Fit mask



- secure loops around the ears (if ties are present, secure ties at the crown of the head and at the base of the head)
- gently extend the pleats downwards to sit underneath the chin
- Mould the metal band over the nose and cheeks for a secure fit
- Avoid touching the front of the mask once fitted

**Step 3** Fit eyewear, if required



**NOTE:** you may need to wear eye protection for occupational safety and health (OSH) requirements

- Position eyewear over eyes
- Adjust as required

**Step 4** Fit gloves, if required



- Select the correct size glove
- Fit gloves, adjusting at the cuffs

## Doffing PPE

**Step 1** Remove gloves, if worn



- Remove by gripping at cuffs
- Immediately dispose of gloves into general waste bin

**Step 2** Perform hand hygiene



- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

**Step 3** Remove eyewear, if worn



- Remove eyewear by handling sides or back only
- Discard or clean and disinfect as per manufacturers instructions

**Step 4** Perform hand hygiene



- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

**Step 5** Removing mask



- Remove mask by only handling the ties or loops, then discard into general waste bin

**Step 6** Perform hand hygiene



- Using an alcohol based hand rub, cover all hand surfaces and rub until dry.

Text courtesy of the Australian Government Department of Health

Version	Date	Updates / Changes
1	04 March 2022	New document.
2	15 December 2025	Removed COVID-19 reference to international vessels Updated to new DoH fact sheet template

**This document can be made available in alternative formats on request for a person with disability.**

© Department of Health 2025

Copyright to this material is vested in the State of Western Australia unless otherwise indicated. Apart from any fair dealing for the purposes of private study, research, criticism or review, as permitted under the provisions of the Copyright Act 1968, no part may be reproduced or re-used for any purposes whatsoever without written permission of the State of Western Australia.

[health.wa.gov.au](http://health.wa.gov.au)