

Putting on and taking off PPE

The correct order, from the NHS England infection prevention and control manual

Assess the risk before each task and wear the PPE it needs: not every item is always required. Check items are available in the right size.

Putting on

1. Apron or gown

Apron: over the head, tie at the back. Gown: neck to knees, arms to wrists, fasten at the back.

2. Mask or respirator

Ties or bands at the middle of head and neck; fit to nose bridge and below chin. Fit check respirators.

3. Eye protection

Goggles or face shield over face and eyes; adjust to fit.

4. Gloves

Hold at the wrist opening; extend over wrists (over gown cuffs).

Taking off

1. Gloves

Peel the first off inside out; slide fingers under the second at the wrist and peel off over the first.

2. Apron or gown

Break ties; pull away touching the inside only; roll into a bundle and discard.

3. Eye protection

Handle by the headband or sides only; remove away from the face.

4. Mask or respirator

Bottom tie then top (or both elastics together); remove by the ties without touching the front.

Remove all PPE before leaving the care area, dispose of it in the right waste stream, and clean your hands straight away. Reusable respirators may need a different order: follow local policy.

Sources (checked 16 September 2026): NHS England: National infection prevention and control manual, Appendix 6: Putting on and removing PPE.

A quick-reference resource only. Always follow the person's care plan, your organisation's policies and procedures, and current national guidance.

Orchard Rock Training • On-site health and social care training across the UK • orchardrock.com • 01706 375578