

When should I change my PPE?



You may have been told that you need to wear PPE at work. Some items need to be changed for each client and some items can be worn for longer.



Always use new disposable gloves for each client



Always use a new disposable plastic apron for each client



Masks can be worn continuously until you take a break from your duties*

*does not apply to use of FFP3 face masks for Aerosol Generating procedures.

You must replace it sooner if it becomes damaged, soiled or uncomfortable, or it becomes damp or difficult to breathe through.



Eye protection can be worn continuously until you take a break.

You must replace it sooner if it becomes damaged, soiled, uncomfortable.

Some eye protection is designed to be reusable. You will be told be if this is the case, and it must be decontaminated before it can be reused.

DOs and DON'Ts for using PPE

<ul style="list-style-type: none"> ✓ Organise your breaks to minimise removal and replacement of PPE. 	<ul style="list-style-type: none"> ✗ Don't remove PPE and then put it back on (e.g. for a coffee break, toilet break).
<ul style="list-style-type: none"> ✓ Ensure ALL PPE is removed when you take your break. 	<ul style="list-style-type: none"> ✗ Don't touch your face especially if wearing gloves.
<ul style="list-style-type: none"> ✓ Make sure you eat and drink enough; wearing PPE can get hot. 	<ul style="list-style-type: none"> ✗ Don't hang your mask on your neck or on your head.
<ul style="list-style-type: none"> ✓ Practice good hand hygiene. If masks are touched or adjusted, hand hygiene should be performed immediately. 	<ul style="list-style-type: none"> ✗ If the mask is removed from your mouth it must be disposed of and replaced.
<ul style="list-style-type: none"> ✓ Always use new PPE (including mask and eye protection if needed) before seeing any clients who are shielding or where anyone in their household is shielding. 	<ul style="list-style-type: none"> ✗ Don't wear facemasks or goggles between clients homes unless it is safe to do so, for example, there is no chance you will need to use your phone.