

Your guide to perfect PPE

Make sure you're following Personal Protective Equipment (PPE) requirements by following these steps.

Putting on PPE



Put on normal protective clothing such as disposable overalls or gown, if they are required



Sanitise hands with gel sanitiser or soap and hot water and dry them off



Put on mask, mould to bridge of nose and ensure snug fit to face by pulling on the straps to adjust



Put on protective eyewear



Put on gloves

Removing PPE



Pull off gloves, first by using one hand to take off one then using the un-gloved hand to remove other by sliding fingers underneath the remaining glove



Sanitise hands with gel sanitiser or soap and hot water and dry them off



Remove any protective clothing such as disposable overalls or gowns



Sanitise hands with gel sanitiser or soap and hot water and dry them off



Remove eye protection by only touching the sides



Remove your mask using only the straps



Wash hands with warm water and soap and dry thoroughly



New Zealand
**Construction
Industry
Council**



CONSTRUCTION HEALTH AND SAFETY NZ
Kia hauora, kia haumaru ngā mahi waihanga

Don't take work home with you

Keep yourself and your loved ones safe from germs with these practices.



Remove all clothing down to your underwear outside before entering your home and put into a plastic bag or bucket. Leave your boots outside and wash your protective eyewear with hot water and soap



Put all your dirty clothes in the washing machine and wash as soon as you enter the house



Shower and get dressed in clean clothes before you do anything else



Get rid of the plastic bag or wash the bucket your clothes were in with soap and hot water



Wash hands with soap and water and dry