



How to work safely as a home carer

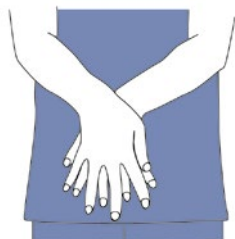
Putting on personal protective equipment (PPE)

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.



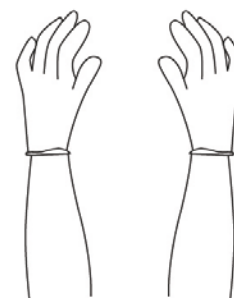
- 4** With both hands, mould the metal strap over the bridge of your nose.



- 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>