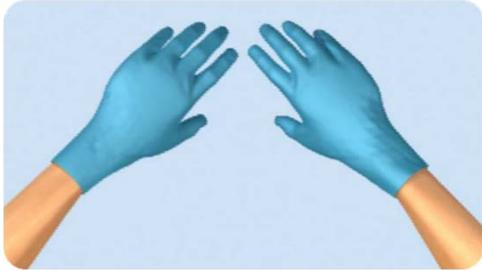




# How to safely remove safety goggles and respirator masks



## 1. Use clean gloves

After removing the protective gown, use new or disinfected gloves.



## 2. Bend over and close your eyes

Bend over slightly and close your eyes when removing the protective goggles.



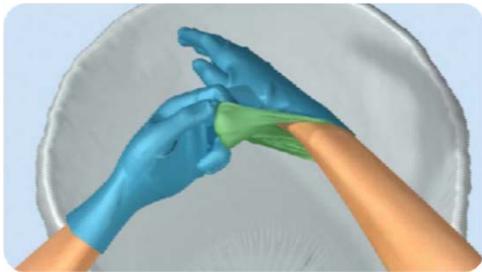
## 3. Remove the protective goggles

Hold the band of the protective goggles at the back of the head with both hands and pull it carefully over the head and remove.



## 4. Put down the protective goggles

Place the protective goggles in a previously designated area for decontamination.



## 5. Change/disinfect the gloves

Ensure that you have properly disinfected your gloves if no new pair is available.



## 6. Bend over and close your eyes

Bend over slightly and close your eyes when removing the respirator mask.



## 7. Pull the band over the head

Hold the lower band of the mask with both hands and pull it over your head.



## 8. Control the band

Make slow and controlled movements so that the band does not touch your face or eyes or the mask.



## 9. Remove the band from your head

Pull the remaining band over the head with the other hand.



## 10. Remove the mask

Remove the respirator mask away from the face.



## 11. Dispose of the mask

If you have to reuse the mask, place this in a prepared location (e.g. kidney dish or hook).

### Regular training increases safety when using personal protective equipment (PPE) !

This shows an example with a folding respirator mask with an exhalation valve and with protective goggles. Other models of respirator masks – e.g. cup-shaped masks or masks without an exhalation valve – can also be used.

**WARNING:** Respiratory masks with exhalation valve do not protect other people from the wearer but protect the wearer only - unless the exhalation valve is covered by a fleece according to DIN EN 14683.





## Respirator mask without or with exhalation valve?



### Respirator mask without exhalation valve

- ▶ filters inhaled and exhaled air
- ▶ protects the wearer from other people as well as other people from the wearer

▶ reduces absorption and transmission of infectious agents



### Respirator mask with exhalation valve\*

- ▶ filters inhaled air only
- ▶ protects the wearer from other people but NOT other people from the wearer

▶ reduces absorption but not transmission of infectious agents

#### ▶ Exhalation valve:

- less (breath) resistance during exhaling
- less accumulation of heat and humidity
- ▶ prolongs wearing period

Further information about management of patients–

[www.rki.de/covid-19](http://www.rki.de/covid-19)

Further information about occupational health and safety standards–

[www.baua.de](http://www.baua.de)

\*Respirator masks with an exhalation valve protect the wearer from other people, but NOT other people from the wearer – unless the exhalation valve is covered by a fleece according to DIN EN 14683.