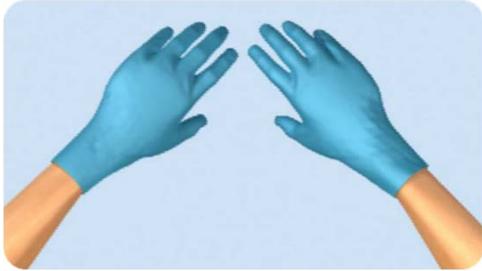


How to safely remove safety goggles and respirator masks



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 without 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: Respirator masks with an exhalation valve protect the wearer from other people, but NOT the other people from the wearer – 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

Further information about occupational health and safety standards–

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.