

## Personal Protective Equipment Selection Guidance

Before undertaking any procedure, staff should assess any likely exposure to blood and/or other body fluids, non-intact skin or mucous membranes and wear personal protective equipment (PPE) that protects adequately against the risks associated with the procedure.

The principles of PPE use set out below are important to ensure that PPE is used correctly to ensure service user and staff safety. Avoiding overuse or inappropriate use of PPE is a key principle that ensures this is risk-based and minimizes its environmental impact.

This document outlines some common scenarios in care and provides guidance on the type of PPE that is recommended to help protect care workers and care recipients and prevent the transmission of infectious diseases. It will also provide guidance on the type of PPE recommended for other specific infection other than COVID-19

For PPE to be effective, it is important to use it correctly and follow [Guide to donning \(putting on\) and doffing \(removing\) PPE \(non AGP\) in adult social care settings \(for print\) \(publishing.service.gov.uk\)](#)

**Hand hygiene must be performed before putting on and after removal of PPE**

### All PPE must be:

- located close to the point of use. PPE for healthcare professionals providing care in the community and domiciliary care providers must be transported in a clean receptacle
- stored to prevent contamination in a clean, dry area until required (expiry dates must be adhered to)
- single use only unless specified by the manufacturer
- changed immediately after each patient and/or after completing a procedure or task
- disposed of after use into the correct waste stream
- discarded if damaged or contaminated

***Reusable PPE such as non-disposable goggles/face shields/visors, must be decontaminated after each use according to manufacturer's instructions***

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***As per the recommendations for standard precautions, type IIR masks should always be worn if there is a risk of splashing of blood or body fluids***

### Examples of Common scenarios in care and recommended PPE:

**1. You are a member of the care staff providing personal care to an individual isolating due to suspected Covid-19. What PPE is required in this scenario?**

- Type IIR fluid repellent face mask
- Eye protection
- Disposable gloves
- Disposable plastic apron

**2. A relative is visiting a service user in a care home with no known infection. Is the relative required to wear PPE?**

**No PPE is required**, however if the relative is a household or overnight contact of someone who has tested positive for COVID-19 then the relative will be asked to wear a face mask when visiting. If the setting is in a COVID-19 outbreak, the relative will be asked to wear a face mask (universal masking) [COVID-19 supplement to the infection prevention and control resource for adult social care - GOV.UK \(www.gov.uk\)](#)

**3. You are a housekeeper undertaking cleaning duties in the room where a service user is confirmed to have COVID-19. What PPE is required in this scenario?**

- Disposable gloves
- Disposable plastic apron
- Type IIR fluid repellent face mask
- Eye Protection

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**4. You are a member of care staff providing personal care to a service user who is known to regularly spit when they get agitated. What PPE is required in this scenario?**

- Type IIR fluid repellent face mask – risk assess if splashing is likely
- Eye protection – risk assess if splashing is likely
- Disposable gloves
- Disposable plastic apron

**5. You are a care worker watching TV in a communal area with service users. Is it necessary to wear PPE?**

- No PPE required for social contact with a service user

**6. A care worker is dispensing oral medication to a service user. The service user is not known to have an infectious disease and can administer their medication independently. Is PPE required in this scenario?**

- No PPE required

**7. You are providing personal care to a service user with confirmed Norovirus. The service user has diarrhoea and is vomiting. What PPE is recommended in this scenario?**

- Disposable gloves
- Disposable plastic apron
- Eye protection **(if vomiting is present)**
- Type IIR fluid repellent face mask **(if vomiting is present)**

[NHS England » National infection prevention and control manual \(NIPCM\) for England](#)

**8. You are cleaning up vomit off the floor in an individual's own home. What PPE is recommended when undertaking this task?**

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- Disposable gloves
- Disposable plastic apron
- Eye protection (if risk of bodily fluid splash)
- Type IIR fluid repellent face mask (if risk of bodily fluid splash)

**9. You are assisting a service user to mobilise with their zimmer frame from the communal lounge to a different seating area. Is PPE necessary in this scenario?**

- No PPE required

**(Hand hygiene before & after contact with the service user)**

**10. A service user's urinary catheter bag requires emptying. What PPE is recommended to undertake this task?**

- Type IIR fluid repellent face mask (risk assess if splashing from bodily fluid is likely)
- Eye protection (risk assess if splashing from bodily fluid is likely)
- Disposable gloves
- Disposable plastic apron

**11. A service user requires assistance to use a bedpan as currently immobile. What PPE is recommended to undertake this task?**

- Disposable gloves
- Disposable plastic apron
- Type IIR fluid repellent face mask – (risk assess if splashing from bodily fluid likely)
- Eye protection (risk assess if splashing from bodily fluid likely)

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**12. A care worker is about to make a clean bed using clean linen. Is PPE required to undertake this task?**

- No PPE is required (handling clean linen on a clean bed)

**13. You need to remove soiled linen from a service user's bed. What PPE is recommended to undertake this task?**

- Disposable gloves
- Disposable plastic apron
- Type IIR fluid repellent face mask – (risk assess if splashing from blood or bodily fluid is likely)
- Eye Protection – (risk assess if splashing from blood or bodily fluid is likely)

**14. A service user has had a fall and sustained a graze to the knee. You need to attend to the wound which is bleeding. What PPE is required to undertake this task?**

- Disposable gloves
- Disposable plastic apron
- Type IIR fluid repellent face mask – (risk assess if splashing of blood is likely)
- Eye Protection – (risk assess if splashing of blood is likely)

**15. A service user reports to you they feel light-headed. You need to check the service user's vital signs. The service user is not known to have an infectious disease. Is PPE required to undertake this task?**

- No PPE required for taking a set of observations

**(Hand hygiene before & after contact with the service user)**

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**16. You are providing personal care to a service user with a Clostridioides difficile infection (CDI). What PPE is recommended?**

- Disposable gloves
- Disposable plastic apron

**17. A service user is symptomatic of a cough, fever and shortness of breath and is confirmed to have Influenza. The service user requires assistance to sit up in the bed. What PPE is recommended in this scenario?**

- Disposable gloves
- Disposable plastic apron
- Type IIR fluid repellent face mask
- Eye protection

### Resources

[PRN00123\\_National-infection-prevention-and-control-manual-for-England-version-2.4\\_100123.pdf](#)

[COVID-19 supplement to the infection prevention and control resource for adult social care - GOV.UK \(www.gov.uk\)](#)

[Infection prevention and control: resource for adult social care - GOV.UK \(www.gov.uk\)](#)

[COVID-19 PPE guide for unpaid carers - GOV.UK \(www.gov.uk\)](#)

[COVID-19 PPE guide for adult social care services and settings - GOV.UK \(www.gov.uk\)](#)

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