



SURGICAL MASK



STEPS FOR DONNING (PUTTING ON) YOUR MASK



1 Perform hand hygiene.



2 Inspect the mask for tears or holes.



3 Bend the nose wire to form a gentle curve. The nose wire represents the top of the mask.



4 Ensure the coloured side faces outwards.



5 Apply the mask by securing the elastic straps over each ear or the ties at the back of your head.



6 Whilst holding the mask at the bridge of your nose, gently pull the bottom edges of the mask down to cover under your chin.



7 Using two hands, gently position the stiff edge over the bridge of your nose and mold across the nose and cheek bones several times to ensure a good seal of the mask.



8 Continue to adjust the mask until:

- no space is visible between the top of your mask and your face
- You have achieved a good and comfortable facial fit with no air escape from the top of the mask, which will also reduce fogging
- the mask is securely in place and not at risk of falling below your nose or off your chin

Once you have achieved a good and comfortable facial fit, don any spectacles and eye protection and then repeat this process as applying eyewear can sometimes move the mask.

EXTRA STEPS

IF THE MASK IS A LARGE FIT ON YOUR FACE YOU CAN TRY:



The figure 8 technique:

- twist the straps into a figure of eight for a better side fit

OR



The knot and tuck technique:

1. fold the mask in half-length ways with the outside (blue) side facing out
2. tie a knot in the very ends of both straps closest to the mask
3. tuck the sides of the mask in so they lay inside the mask

IT IS IMPORTANT YOU CHANGE YOUR SURGICAL MASK EVERY 4HRS OR MORE FREQUENTLY IF:

- you are going on a break
- the mask is damp
- the mask is visibly soiled
- the mask becomes harder to breathe through
- you have just showered a patient

STEPS FOR DOFFING (TAKING OFF) YOUR MASK

THE FRONT OF YOUR SURGICAL MASK AND EYE PROTECTION IS POTENTIALLY CONTAMINATED. DO NOT TOUCH!

To remove your eye protection, perform hand hygiene and then remove, being careful not to touch the front of the face shield or goggles/safety glasses - put aside to be cleaned with disinfectant wipes.



1 Perform hand hygiene.



2 Using both hands, gently grasp the straps from behind your ears.



3 Lean forward slightly and remove the mask from your face by gently removing the straps, avoiding contact with the front of the mask.



4 Dispose of the mask into a clinical waste bin.



5 Perform hand hygiene.