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## EXIT – DOFFING

All operations are carried out in pairs with a colleague.

- 1) Wash external gloves by immersion (bucket hypochlorite solution 0.5%)
- 2) Spray decontamination solution under the overboots

- 3) Remove the outer pair of gloves  
(with "pinch and slide" technique as shown in the figure)  
→ **into the infectious waste container**



- 4) In front of the mirror, open the zip of the suit and lift the hood



- 5) Turning back to the colleague, lower the suit down to knees, manipulating it only from the clean inner side



- 6) On a stool, remove the suit, then the right shoe, then the left  
→ **into the infectious waste container paying attention to the dirty/clean line**



- 7) Remove the inner gloves and put on a new pair of gloves



- 8) Put off safety goggles manipulating them only from the rear band and bending over to the dirty area  
→ **to be decontaminated and reused**



- 9) Remove the FFP3/FFP2 mask, starting from the lower elastic, without touching the filtering part, checking that it does not come into contact with clean clothes under the chin, bending towards the dirty area



- 10) Remove the inner pair of gloves  
→ **into the second infectious waste container**



- 11) Perform hand hygiene



- 12) Take a full shower before leaving the building

