

Personal Protective Equipment

The spread of infection is like a chain; to stop the spread, break the chain.

First there has to be an infection. Then there must be a reservoir;

e.g. inside a person, or on equipment or door handles..

The infection needs an exit from the reservoir:

e.g. coughing or sneezing.

Then it must enter the person via mucous membranes:

e.g. (directly) by inhaling or swallowing, or (indirectly) by touching.

Government guidelines are very clear;

Keep at least two metres away from, and don't touch, anyone who is not in your

household. Wash your hands for at least twenty seconds, several times a day.

When washing, make sure everything is completely covered in soap and water, then dry well. When this isn't possible, use sanitising gel which contains at least 60% alcohol.

This has to be done more often than you think. Like every time you touch something someone else or your contaminated hands might have touched:

e.g. door handles, shopping or unpacking shopping, steer wheels, gear stick.

If you choose to wear the PPE, please remember that it is as well as and not instead of, the government guidelines. This is of course a personal choice.

Gloves.

Gloves should be changed as often as you would clean your hands. Any particle will be on them just as it would be on your hands.

Your hands should be cleaned before putting on gloves and after taking them off. The infection will still get into you if you touch your face whilst wearing gloves.

When removing gloves, make sure you don't touch the outside of them, place them into a bin.

Face Masks.

If you wear a mask it to avoid the virus please be aware that any benefit is **very short lived**. Masks are not virus proof; particles can get through or round the mask.

Change your mask between every job. Never reuse single use masks. When removing it, only touch the ties or elastic ear pieces.

Please give a thought to the environment inside the mask. It is warm and damp. Perfect for a virus to breed in.

Aprons.

Single use aprons will protect the front of your clothes but again should not be worn for too long. One journey out will do. Be very careful when removing them. Make sure there is no contact with the outside, which may be contaminated. An apron should then be discarded into a bin