



Personal Protection Equipment for herbalists in face-to-face consultations & physical examinations

Updated on 14th August 2020

Putting on PPE

- Remove hand jewellery
- Wash or sanitise your hands
- Put on your apron
- Put on your face mask
- Put on your visor
- Put on your gloves



Taking off PPE

- Remove your gloves
- Wash or sanitise your hands
- Remove your apron
- Remove your visor
- Wash or sanitise your hands
- Remove your face mask
- Finally, wash your hands with soap and hot water

Plastic apron



1 Put apron on first

Helps to protect against
splashes and droplets

Disposable
Single use
Single patient or task only

Appropriate uses

- Physical examinations
- Sanitising equipment
- Cleaning rooms between patients
- Waste disposal
- Making up prescriptions

2 Take apron off after gloves

Fluid-resistant surgical face mask



2 then your mask

Helps to protect against
droplets and aerosols

Disposable
Single or sessional use

Appropriate uses

- Face-to-face consultations
- Physical examinations
- Sanitising equipment
- Cleaning rooms between patients
- Waste disposal
- Making up prescriptions
- Masks or face coverings should also be worn by patients

4 Take mask off last

Full-face protection visor



3 visor goes on next

Helps to protect against
splashes and droplets

May be reusable
Single or sessional use
Sanitise regularly

Appropriate uses

- Face-to-face consultations
- Physical examinations
- Are not required to be worn by patients

3 Take visor off after apron

Non-sterile nitrile gloves



4 gloves go on last

Helps to protect against
contact spread

Disposable
Single use
Single patient or task only

Appropriate uses

- Physical examinations where the practitioner needs to touch the patient
- Sanitising equipment
- Cleaning rooms between patients
- Waste disposal
- Making up prescriptions

1 Take gloves off first