

April 2 - Recommendations for Maintaining & Sanitizing PPE for FM employees

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Subject: Recommendations for Maintaining & Sanitizing PPE for FM employees

The following is being sent on behalf of Occupational Health & Safety:

FM Directors, Managers, & Supervisors,

Please review the below **Recommendations for Maintaining & Sanitizing PPE for FM employees** and share with your employees:

Do not bring Personal Protective Equipment (PPE) home, unless it must be laundered.

- If possible, **shower and change into clean clothes** and shoes before heading home.
- **Put used, clean PPE in a cloth bag** when you change and leave it at work.
- **Most gloves can be laundered, as can vests.** Check manufacturer recommendations.
- **Boots and safety shoes should be wiped down** with disinfecting wipes and left at work.

How to leave coronavirus behind when you come home:

The ideas below, compiled in consultation with family physicians from across the country and incorporating Centers for Disease Control and Prevention (CDC) guidance, is limiting the risk to your family as you return home at the end of your workday.

PREPARE FOR WORK

- **Leave nonessential accessories**, like jewelry, a tie, or a watch, at home. *Rings & watches can interfere with proper handwashing techniques.*
- **Wear medium or long hair pulled back** to eliminate the need to push it out of your face.
- **Wear your glasses** (instead of contacts) decrease the need to touch your face and to offer a physical barrier.
- **Prepare clean clothes and shoes to change into after work.** Take them with you if you can change at work.
- **Remove nonessential items in your car**, and stock the car with disinfecting wipes and hand sanitizer to make it easy to wipe down key surfaces after traveling home.

BEFORE LEAVING WORK

- **Put dirty clothes and shoes into a cloth bag** for soiled clothing or washable tote bag.

- **Wash your hands** or use hand sanitizer after removing work clothes and before touching clean clothes.

WHEN YOU ARRIVE HOME

- **Do not wear shoes from work into your home.** Clean them, top and bottom, with disinfecting wipes and leave at work.
- If you were unable to change clothes before leaving work, **change in an isolated location** (e.g., garage, mudroom, laundry room) and place clothes directly in the laundry.
- **Wash clothes worn at work** using your usual laundry detergent. Wash the bag along with your dirty clothes each day.
- **Wash hands** after handling dirty clothes and shoes.
- **Shower** before interacting with your family.

Adapted from: <https://bit.ly/2USvuL0> | Date of issue: 4/2/2020

More resources for FM employees: <https://bit.ly/UVAFMCOVID-19>

If you have any questions, do not hesitate to email FM-OHS@virginia.edu or call 434-297-6379.