



Superstar guidelines and advice on the use of personal protective equipment.

Applicable government approved measures always take precedence over the following guidelines.

In the event of physical contact between customers and staff, the following personal protective measures can be taken;

When using personal protective equipment, consecutively take the following steps:



1. Wash your hands according to protocol, at least 20 seconds. Dry your hands thoroughly.
2. Prepare your face mask, gloves, and safety goggles.
3. Put on your face mask.
4. Put on your safety goggles.
5. Put on your gloves.



Gloves



- In preparation: do not wear long-sleeved shirts, or jewellery on your hands or arms.
- Be aware that improper use of gloves possibly creates more risks than not wearing gloves with frequent hand washing.
- Use at least one pair of gloves per customer
- Remove your gloves according to the following protocol:
 - a) Grasp the outside of one glove at the wrist. Do not touch your bare skin.
 - b) Peel the glove away from your body, pulling it inside out.
 - c) Dispose of the glove immediately.
 - d) Peel off the second glove by putting your fingers inside the glove at the top of your wrist.
 - e) Turn the second glove inside out while pulling it away from your body.
 - f) Do not touch the outer sides and dispose of the glove immediately.
 - g) Wash / disinfect your hands immediately.

For more instructions, refer to the instructional video by the RIVM; <https://vimeo.com/403727321>

Face mask



- Wash / disinfect your hands before touching the mask.
- Approved face masks can vary. Always check the instructions on the packaging, How to put on a face mask

For more instructions, refer to the instructional video by the RIVM; <https://vimeo.com/403728699>



How to put on a face mask



In preparation: remove hair from your face, E.G. in a ponytail.

- a) Open the face mask and lightly bend the metal wiring.
- b) Hold the face mask by the ear loops. Place a loop around each ear.
- c) Avoid touching the inside of the face mask.
- d) Place the upside of the mask on the bridge of your nose. Mould or pinch the metal wiring to the shape of your nose.
- e) Make sure your mask snugly fits your face. You can test this by blowing in it. No air may pass the sides of the mask.
- f) Do not hang the mask around your neck, or let it dangle from one ear. Do not carry your mask in your pocket.
- g) The face mask must be replaced after every customer.

How to remove a face mask



- a) If you are wearing gloves, remove these first.
- b) Take off your safety goggles
- c) Disinfect your hands
- d) Bend your body forwards, putting your chin and face forward.
- e) Hold the ear loops with both hands and gently lift to remove the face mask. Do not touch your face or the mask. Dispose of the mask in a closed bin with trash bags.
- f) The face mask must be replaced at least every three hours. Do not reuse single use masks.
- g) Wash / disinfect your hands thoroughly after use and contact with the mask.



Safety goggles



- Put on your safety goggles after applying a face mask.
- Clean with disinfectant before use, prior to putting on gloves.
- Replace or disinfect your goggles after every customer.

Superstar B.V.

