

Drill – Hasty Personal Decontamination (Chemical Agent)

Task: Conduct a hasty personal decontamination from chemical agent(s)

Condition: Upon warning of possible exposure to chemical agent(s), with and without access to shower and/or running water.

Standards: Remove contaminated clothing, wash/wipe your exposed body surfaces. Contain contamination and prepare for disposal of exposed clothing and materials.

1. Remove your clothing

- a. Quickly take off clothing that has a chemical on it. Any clothing that has to be pulled over your head should be cut off instead of being pulled over your head.
- b. If you are helping other people remove their clothing, try to avoid touching any contaminated areas of clothing, and remove the clothing as quickly as possible.

2. Wash Yourself

- a. As quickly as possible, wash any chemicals from your skin with large amounts of soap and water. Washing with soap and water will help protect you from any chemicals on your body.
- b. If your eyes are burning or your vision is blurred, rinse your eyes with plain water for 10 to 15 minutes. If you wear contacts, remove them and put them with the contaminated clothing. Do not put the contacts back in your eyes (even if they are not disposable contacts). If you wear eyeglasses, wash them with soap and water. You can put your eyeglasses back on after you wash them.

3. Dispose of Your Clothes

- a. After you have washed yourself, place your clothing inside a plastic bag. Avoid touching contaminated areas of the clothing. If you can't avoid touching contaminated areas, or you aren't sure where the contaminated areas are, wear rubber gloves or put the clothing in the bag using tongs, tool handles, sticks, or similar objects. Anything that touches the contaminated clothing should also be placed in the bag. If you wear contacts, put them in the plastic bag, too.
- b. Seal the bag, and then seal that bag inside another plastic bag. Disposing of your clothing in this way will help protect you and other people from any chemicals that might be on your clothes.
- c. When the local or state health department or emergency personnel arrive, tell them what you did with your clothes. The health department or emergency personnel will arrange for further disposal. Do not handle the plastic bags yourself.
- d. After you have removed your clothing, washed yourself, and disposed of your clothing, you should dress in clothing that is not contaminated. Clothing that has been stored in drawers or closets is unlikely to be contaminated, so it would be a good choice for you to wear.

You should avoid coming in contact with other people who may have been exposed but who have not yet changed their clothes or washed.

Follow the directions of Emergency Coordinators. Move away from the area where the chemical was released when Emergency Coordinators tell you to do so.

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