How to Safely Remove Your Disposable Gloves

1. Pinch and hold the outside of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside-out.
3. Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.
4. With your un-gloved hand, slide your finger(s) under the wrist of the remaining glove. Do not touch the outer surface of the glove.
5. Peel downwards, away from the wrist, turning the glove inside out.
6. Continue to pull the glove down and over the inside-out glove being held in your gloved hand.

Always Remember

Clean to Clean
- A clean bare hand touches only clean areas inside the other glove

Dirty to Dirty
- Contaminated surfaces only touch other contaminated surfaces

- Do not touch your face or adjust PPE with contaminated gloves
- Do not touch environmental surfaces – eg: door handles, a keyboard, a computer mouse – with contaminated gloves
- Never wash or reuse disposable gloves

- Safely remove excess liquid beforehand
- Change gloves when heavily soiled or if they are torn
- Dispose of used gloves appropriately - in accordance with your company’s policy

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