

How to Remove Disposable Gloves

To protect yourself, use the following steps to take off disposable gloves



Grasp the outside of one glove at the wrist. Do not touch your bare skin.



Peel the glove away from your body, Pulling it inside out.



Hold the glove you just removed in your gloved hand



Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



Dispose of the gloves safely in the trash. Do not reuse the gloves.



Clean your hands immediately after removing gloves.

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Disinfect frequently touched surfaces
- Perform hand hygiene
- Change gloves when torn or heavily contaminated