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