

## Putting on and Taking off Gloves



Remember, disposable gloves should be used with the idea of *one pair for one task*. They should never be cleaned or re-used.

### Steps for Putting on Gloves



1 Clean your hands.



2 Choose gloves that fit well.



3 Pull the glove over your fingers and make sure it covers your wrist.



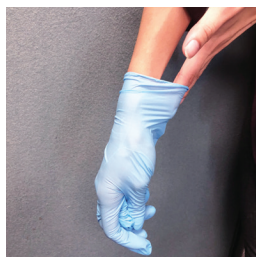
4 Repeat this with the second glove on the other hand.

### Steps for Taking off Gloves

*Following these steps will ensure that your bare hands do not come into contact with the outer parts of the gloves, which could be contaminated.*



1 Grasp the outside of the glove near the wrist and peel it away from the palm towards the fingers, rolling the glove inside out so that it ends up in your gloved hand.



2 Using the ungloved hand, slide your index finger inside the wrist band of the gloved hand.



3 Pull the glove outwards and down towards the fingers and remove it inside out. The first glove should end up inside the second glove.



4 Discard both gloves immediately into the garbage.



5 Clean your hands.