Removing Gloves Safely

As you remove the gloves, avoid allowing the outside surface of the gloves to come in contact with your skin, because the outer surface may have become contaminated. Avoid letting gloves snap, as this may cause contaminants to fly into your eyes or mouth or onto your skin or other people in the area. Remove used gloves before touching anything. Counter tops, faucets, pens and pencils are often contaminated because workers wearing gloves touch them.

**Method:**

1. With right hand, pinch palm of glove on left hand and pull left glove down and off fingers. Form left glove into a ball and hold in fist of right hand.

2. Insert one or two fingers of left ungloved hand under inside rim of right glove on palm side; push glove inside out and down onto fingers and over balled left glove.

3. Grasp gloves, which are now together and inside out, with left hand and remove from right hand.

4. Discard gloves in appropriate waste container.

5. Wash hands thoroughly.