



HOW TO REMOVE GLOVES

(SAFELY)

Introduction

This handout is to be used by various health professionals working in the medical field who have to undergo standard precautions regarding patient-to-health worker contact. While it is majorly for medically-experienced personnel, this flyer can also be used by the general public when gloves are used to handle contaminated fomites. These instructions will explain the process of safely and efficiently taking off and disposing contaminated gloves without being exposed to any contaminants or microbes that could be present on the gloves. The skill level required to perform this task is at best beginner-level experience due to the fact that the instructions are fairly detailed and simple regarding the expertise needed to perform this task.

A quick overview of the steps needed to complete the task include taking off both left and right gloves by pinching the cuff of the glove to turn the gloves inside out, and then swiftly disposing the gloves into the trash to prevent any further contamination. An average amount of time that needs to be allotted in order to complete this task safely is around 30 seconds. The participant has no specific location that they must be to perform this task, but it is advised to be close to a trash can in order to prevent further contamination. Medical professionals will usually switch gloves after every patient or task, post-operative surgery, and etc.

Materials

1. Gloves

WARNING: Assume all gloves are contaminated even if there are no visible contaminants (i.e. blood, feces) present on the gloves, and always keep gloves away from your body, skin, and clothes. Place both instruction sheets side by side in order to prevent glove contamination on paper.

Instructions

1



Position both of your gloved hands about six inches away from your body, palms facing upward.

2



Using your right index finger (pointer) and thumb, pinch the outside of your left gloved hand at the wrist.

3



Lift the cuff and pull the glove in the direction away from your body. Avoid touching your skin or clothes with the gloves.



Continue slowly pulling off the glove on your left hand until it is completely exposed.



Fist the loose glove from your left hand into your right palm without touching the left glove with your exposed hand.



Make an upward facing fist with your right gloved hand, containing the left glove inside.



Slip the thumb of your ungloved hand under the cuff of your right gloved hand, with your thumb print facing upward. Avoid touching the outside of the right glove.



Use your left thumb to begin slowly pulling the glove off your right hand in the direction away from your body, starting at the wrist.



Loosen your fist to pull the remaining glove off and allow the glove to slip off your hand entirely. Keep the glove from your left hand in the palm of your right gloved hand. Your right hand is now exposed.



Pinch the tip of the glove at its opening with your left index finger and left thumb. The glove should be facing inside out, leaving the contaminated side of the glove facing inward and the clean side facing outward.



Locate your nearest trash can, and dispose of both gloves in the trash can.



Find the closest handwashing station, and wash both hands using proper CDC guidelines.

GOOD JOB, YOU ARE NOW A PROFESSIONAL GLOVE REMOVER.