How to Remove Gloves

Properly removing gloves is critical to avoid self-contamination and spreading disease. Gloves are considered the most contaminated piece of personal protective equipment (PPE) and should be removed before other PPE. To remove gloves, do the following:

General Guidelines

- Do not touch the outside of gloves with your bare hands during removal.
- Do not reuse gloves.
- If you contaminate your hands by touching the outside of the glove during removal, wash your hands before you remove.

Removing

1. With both gloves on, pinch opposite glove with gloved hand and pull off opposite glove. Avoid touching outside of gloves with bare hands.
2. Grasp removed glove in fist of gloved hand.
3. Put finger from bare hand down glove at wrist of gloved hand, careful to avoid touching the outside of the glove.
4. Peel remaining glove off gloved hand, reversing the glove so it wraps around both gloves.

Disposing

1. Ensure you handle only the inside (clean side) of the glove. Dispose of gloves in a sealable container.
2. Immediately wash hands.

Project Protect
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