

SAFETY INSTRUCTION CARD:

How to safely remove disposable gloves

The following method for taking off gloves prevents contact with the outer surface of the gloves and thereby, contamination with substances present on the gloves.



1

Grasp the **outside** of the glove.



2

Pull down the glove without allowing the gloved hand to make contact with the bare skin.



3

Grasp the glove firmly in the other hand with the glove.



4

Slide with two clean fingers under the top edge of the glove.



5

Hold the dirty glove firmly by making a fist.



6

Pull down the glove, thereby turning it inside out.



7

Immediately discard the gloves in a **closed dustbin** (preferably foot pedal operated).



8

Wash your hands with soap and water immediately after removing the gloves or, if that is not possible, disinfect your hands using an alcohol disinfectant (min 70% alcohol).