



## PROTOCOL HOW TO REMOVE RUBBER GLOVES

Wearing rubber gloves helps to prevent contamination and the spread of disease. It is important to know how to properly remove the rubber gloves to keep contaminants sealed inside the gloves and off your hands. Follow these steps to safely remove rubber gloves.

Gloves should be removed avoiding skin contact with the exterior of the glove and possible contamination. Disposable gloves should be removed as follows:

1. Hold your right hand out with your palm facing down.
2. Pinch a portion of the exterior of the left hand glove with your right hand gloved. Use the thumb and index finger of your right hand.



3. Carefully pull the glove down about half way over your palm, turning it inside-out. Do not completely remove the glove. Let go of the glove after you pull it down over the palm. Grasp ball the glove up and hold in your other gloved hand. **The contamination is now on the inside.**





4. Slide your ungloved finger into the opening of the other glove. Use your right thumb and index finger to repeat these steps on your left hand. This time, you will pinch the outside of glove above the inner portion of your left wrist and completely remove the glove on the left hand. Continue holding the left glove with your right thumb and index finger. **Avoid touching the exterior.**



5. Carefully pull the glove off your hand, turning it inside out again with your bare left thumb and index finger. Touch only the inside portion of the glove that has already been revealed. **All contamination is contained.**



6. Remove the right glove by pulling down with your left thumb and index finger. As you pull down, the left glove that has already been removed should fold up inside the right hand glove.



7. Dispose of the rubber gloves in a proper container. Gloves that were in contact with certain substances like chemicals and bodily fluids cannot be thrown away in public trash receptacles. Discard appropriately.

