

Learning About How to Take Off Disposable Gloves

Gloves help protect your health and the health of the person you're caring for. Once gloves have been used, they can spread germs between people or to surfaces they come into contact with, making it important to remove your disposable gloves safely.

How do you remove disposable gloves?

Grasp the cuff



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1. Use the hand that you write with to grasp the cuff of the glove on the other hand.

Pull the glove off



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1. Pull that glove off so that it is inside out. Be sure any soiled material stays inside that glove.

Ball up the glove



1. Ball up the removed glove in the palm of your gloved hand. Slide one or two bare fingers inside the other glove. Make sure that the bare fingers don't touch the outside of the glove.

Peel off the other glove



1. Pull down with those fingers, peeling off the glove. The first glove will be inside the second glove.

Throw away gloves



1. Throw away the gloves in a plastic bag, and wash your hands.

For 24/7 nurse advice and general health information call Health Link at 811.

Current as of: April 1, 2019

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