Pinch and hold the outside of the glove near the wrist area.

Peel downwards, away from the wrist, turning the glove inside-out.

Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.

Continue to pull the glove down and over the inside-out glove being held in your gloved hand.

Peel downwards, away from the wrist, turning the glove inside-out.

With your un-gloved hand, slide your finger(s) under the wrist of the remaining glove. Do not touch the outer surface of the glove.

Always Remember

Clean to Clean
A clean bare hand touches only clean areas inside the other glove

Dirty to Dirty
Contaminated surfaces only touch other contaminated surfaces

- Do not touch your face or adjust PPE with contaminated gloves
- Do not touch environmental surfaces – eg: door handles, a keyboard, a computer mouse – with contaminated gloves
- Never wash or reuse disposable gloves
- Safely remove excess liquid before hand
- Change gloves when heavily soiled or if they are torn
- Dispose of used gloves appropriately – in accordance with your company’s policy