

Safely Removing Gloves

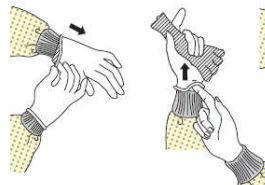
Wearing protective gloves helps to prevent contamination and the spread of disease. It is important to know how to properly remove the rubber gloves to keep contaminants sealed inside the gloves and off your hands. Follow these steps to safely remove rubber gloves.

Except for respirator, remove PPE at doorway or in anteroom.
Remove respirator after leaving patient room and closing door.

Con la excepción del respirador, quítese el PPE en la entrada de la puerta o en la antesala. Quítese el respirador después de salir de la habitación del paciente y de cerrar la puerta.

1. GLOVES

- Outside of gloves is contaminated!
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first glove
- Discard gloves in waste container



1. GUANTES

- ¡El exterior de los guantes está contaminado!
- Agarre la parte exterior del guante con la mano opuesta en la que todavía tiene puesto el guante y quíteselo
- Sostenga el guante que se quitó con la mano enguantada
- Deslice los dedos de la mano sin guante por debajo del otro guante que no se ha quitado todavía a la altura de la muñeca
- Quítese el guante de manera que acabe cubriendo el primer guante
- Arroje los guantes en el recipiente de desechos

Step One Hold your right hand out with your palm facing up.

Step Two Pinch a portion of the glove that covers the inside of your wrist on your right hand. Use the thumb and index finger of your left hand.

Step Three Gently pull the glove down about half way over your palm, revealing the inside of the glove. Do not completely remove the glove. Let go of the glove after you pull it down over the palm.

Step Four 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.

Step Five Pull up a portion of the right glove with your bare left thumb and index finger. Touch only the inside portion of the glove that has already been revealed.

Step Six 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.

Step Seven 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.

Tips & Warnings

- Practice these steps with clean gloves until you are comfortable with the removal process.
- You can begin with the left hand by swapping the left and right hand references throughout the steps.
- Remember, the goal is to remove the gloves without spreading contaminants. You will need to avoid touching the outside of the glove with bare hands.