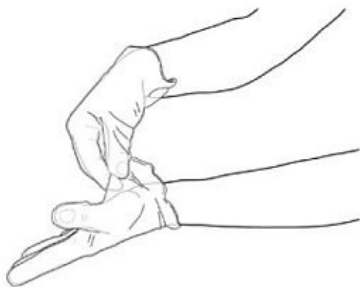


How to take disposable gloves off correctly

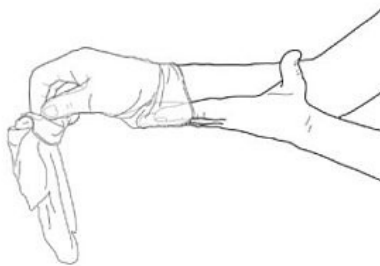
It is important to know how to remove gloves properly, as improper removal can lead to transfer of contaminants from your gloves to your hands. Here is the recommended method for removing your gloves.

1. Tuck your fingers under the outside of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside out.
3. Hold the removed glove with the gloved hand and with your un-gloved hand, slide your finger/s under the wrist of the remaining glove.
4. Peel downwards, away from the wrist, turning the glove inside out enveloping the previously removed glove.
5. You will end up with an inside-out glove which contains the other glove.
6. Dispose of the gloves safely.
7. Wash your hands.

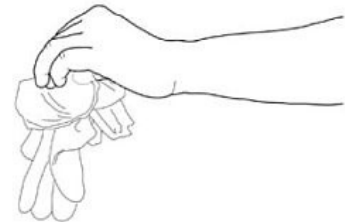
II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the un-gloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water