How to Properly Remove Gloves

To protect yourself, use the following steps to take off gloves:



Grasp the outside of one glove at the wrist. Do not touch your bare skin.



Hold the glove you just removed in your gloved hand.



Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



Peel the glove away from your body, pulling it inside out.



Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



Dispose of the gloves safely. Do not reuse the gloves.



Clean your hands immediately after removing gloves.