

Removing Contaminated Gloves

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Compiled by Dr. Victor Jean Ouellette, DC, MS, April 25, 2020. This is from medical training.

Gloves are one of the more common types of personal protective equipment (PPE). Gloves are considered a barrier protecting both you and other people from the transfer of harmful microorganisms. Gloves are absolutely essential when you have an existing cut or small wound on your own hand and when you are touching any bodily fluids, secretions and/or excretions.

Points of Interest:

- Use non-latex gloves if allergies to latex are present or arise.
- Use gloves once only.
- Wash your hands properly before putting on gloves and after removing gloves.
- Always remove contaminated gloves using the method shown.
- Remove the top glove on each hand separately first, then disrobe and finally remove the last set.

Method on How to Safely Remove Contaminated Gloves

Step 1. Pinch the glove on the inside of your left hand near the cuff.



Step 2. Pull and slide it inside out towards your fingertips.



Step 3. "Cup" it in your right hand.



Step 4. Now take two fingers from your left (ungloved) hand, slide them underneath the cuff.



Step 5. Pull it off making sure it comes off inside out.



Step 6. Keep on pulling until it slips off your hand.



Step 7. Throw your gloves away in a biohazard bag or bin.



Step 8. Wash the hands with soap and warm water.

DANCERS

We see that Lead-and-Follow dancers will need to learn to follow similar double gloved procedures.