

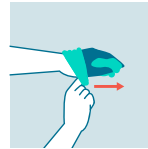


# Removing Gloves Safely

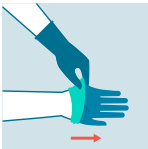
Wearing protective gloves helps to prevent contamination and the spread of disease. It is important to know how to properly remove gloves to keep contaminants sealed inside and off of your hands. Follow these steps to safely remove gloves:



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



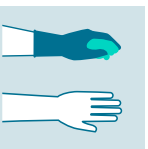
**Step Five.** Remove the right glove by pulling down with your left thumb and index finger. As you pull down, the left glove that has already been removed should fold up inside the right hand glove.



**Step Two.** 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 Six.** Dispose of 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.



**Step Three.** Use your right thumb and index finger to repeat these steps on your left hand. This time, you will pinch the outside of the 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 Four.** 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.

## Tips and Warnings:

- Clean hands immediately after removing gloves.
- 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.

For more safety tips and information, visit [UnitedHeartland.com](https://www.unitedheartland.com).

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