Skill Sheet 1-1

Removing Latex-Free Disposable Gloves

1. Pinch the palm side of one glove on the outside near your wrist.

2. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand.

3. Hold the glove in the palm of your other (still-gloved) hand.

4. Carefully slip two fingers under the wrist of the other glove. Avoid touching the outside of the glove.

5. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand. The other glove is now contained inside.

6. Dispose of the gloves properly and wash your hands.