

PROPER GLOVE REMOVAL VIDEO TRANSCRIPT

Who doesn't know how to remove gloves?

Right?

But can you do it without touching the outside of the gloves?

Gloves are a physical barrier between you and the substances you're working with.

But what good are they if you contaminate yourself while removing them.

Try one of these methods to remove those dirty gloves.

The **Fold and Tuck**.

Grab one glove on the palm side and fold over your fingers .

Carefully pull the glove off and ball it up with your still gloved hand.

Tuck a finger under the other glove and slowly peel your hand away.

Or try the **Double Fold**.

Start the same way as the Fold and Tuck.

But this time keep the first glove around your fingers and use it to grab and fold the second glove and pull.

Alright you got the gloves off but now what?

Throw them away appropriately.

Don't even think about re-using disposable gloves and wash your hands thoroughly between your fingers, under your nails and all that good stuff.

Now lets rewind.

The gloves did their job now do yours.

Remove those gloves slowly and carefully to keep that physical barrier working for you for that healthy safe feeling.

EH&S protecting your health and safety

