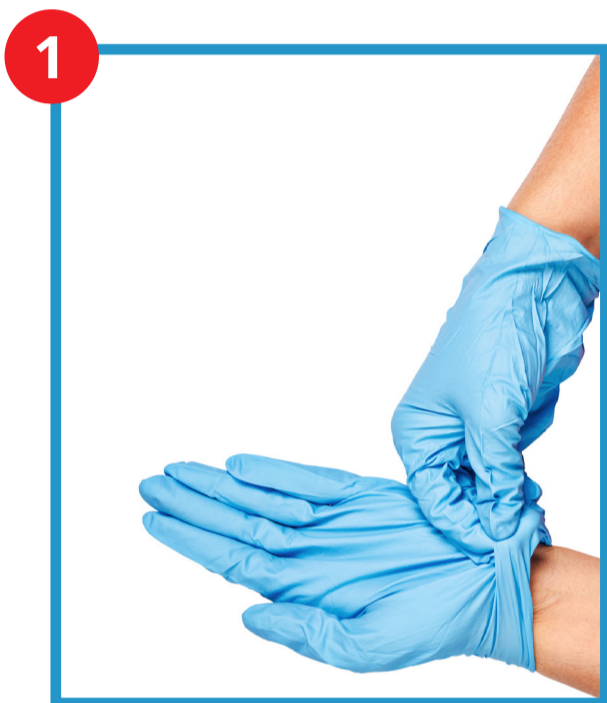


How should I safely remove disposable gloves?

The principle you need to keep in mind is that you should not touch the external surface of the gloves (which may be contaminated) with your bare hands. Follow this technique to safely remove disposable gloves:



1 Pinch one glove at the wrist and peel it away from your hand.



2 Turn the glove inside out and hold it in the hand that is still gloved.



3 Hook 2nd and 3rd fingers of your bare hand inside the other glove. Be Careful! Do not touch the outside of the glove.



4 Pull off the glove, turning it inside out with the first glove inside.



5 Throw the gloves into the bin.



6 Wash your hands thoroughly with soap and water or alcohol hand rub.