

**Recommended Procedure for Glove Removal** -- minimizes the spread of contamination.



**Step 1**

Pull one glove near your wrist towards your finger tips until the glove folds over.



**Step 2**

Carefully grab the fold and pull towards your finger tips. As you pull you are turning the inside of the glove outwards.



**Step 3**

Pull the fold until the glove is almost off.



**Step 4**

To avoid contamination of your environment, continue to hold the removed glove. Completely remove your hand from the glove.



#### Step 5

Slide your finger from your glove-free hand under the remaining glove. Continue to slide your finger towards your finger tips until almost half of your finger is under the glove.



#### Step 6

Turn your finger 180 degrees and pull the glove outwards and towards your finger tips. As you do this, the first glove will be encased in the second glove. The inside of the second glove will also be turned outwards.



#### Step 7

Grab the gloves firmly by the uncontaminated surface (the side that was originally touching your hand). Release your grasp of the first glove you removed. Pull your second hand free from the glove. Dispose of the gloves in the appropriate container.

Images reprinted with permission from University of Maryland Environmental Safety