

# Skill Guide 1: Removing Contaminated Gloves



## Grasp First Glove

- After providing care, always remove contaminated gloves carefully
- Avoiding bare skin, pinch glove at palm with gloved fingers of opposite hand



## Remove Inside Out

- Pull glove away from palm and toward fingers, turning glove inside out
- Gather glove you just removed with your gloved hand



## Slide Finger under Second Glove

- Slide bare index finger inside wrist band of 2nd glove



## Remove Inside Out

- Pull outwards and down, inverting glove and trapping first glove inside
- Discard gloves in appropriate container
- Use soap/water OR alcohol-based sanitizer to clean hands and exposed skin