



# Safe Glove Removal – The “Beaking” Method

If your lab coat or glove cuffs are contaminated, the “Beaking” Method is the safest glove removal method.

Watch the video: <https://www.youtube.com/watch?v=YfGivTv3wbc>



- 1** Working over an appropriate waste receptacle, hold your right hand palm-side up in front of you. Form an ‘L’ with your thumb and index finger of your left hand.



- 2** Using your ‘L,’ grasp the cuff at the wrist and scoop under with your middle finger.



- 3** Pull the end of the glove over the thumb over the top of your fingers forming a “beak.”



- 4** Hold your left hand palm-side up in front of you. Using your “beak” grasp the top of the cuff of the glove and pull the glove down and away from you while turning it inside out.



- 5** Continue removing the glove and dispose of it in the appropriate waste receptacle. Hold your “beaked” hand palm-side up in front of you.



- 6** Using the index finger of your left (ungloved) hand, complete the glove removal of the beaked hand by running your finger down the center of the palm. Avoid touching the cuff of your lab coat.



- 7** Never reuse disposable gloves. Wash your hands after removing gloves.



This poster and other resources are available on our website!

[www.ehs.ttu.edu](http://www.ehs.ttu.edu)