



# Safe Glove Removal

To protect yourself, use the following steps to take off your gloves after use. If your lab coat or glove cuffs are noticeably contaminated use the “Beaking” method of glove removal.

**1** Hold non-dominant hand palm-side up in front of you. With your dominant hand, grasp the outside of the cuff at your wrist just above the palm without touching your skin.



**2** While keeping your hand palm up in front of you, peel the glove away from your body, pulling it inside out.



**3** Hold the removed glove in your gloved hand. You may choose to work it into a ball if doing so will not aerosolize material.



**4** Holding your gloved hand palm-side up, place the fingers of your ungloved hand inside cuff at the top of your wrist.



**5** Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



**6** Dispose of the gloves appropriately; this may be as solid chemical or biological waste. Never reuse disposable gloves.



**7** Wash your hands after removing gloves.



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