

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.

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.



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



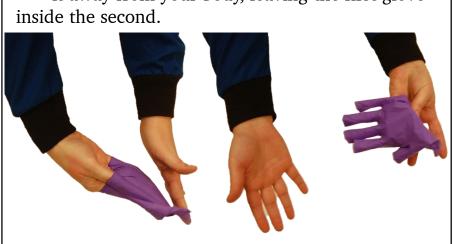
Hold the removed glove in your gloved hand. You may choose to work it into a ball if doing so will not aerosolize material.



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



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



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







This poster and other resources are available on our website!

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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



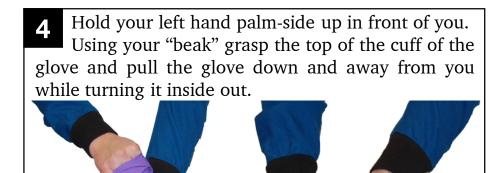
Working over an appropriate waste receptacle, hold your right hand palm-side up in front of you. Form an 'L' with your thumb and index finger of vour left hand.





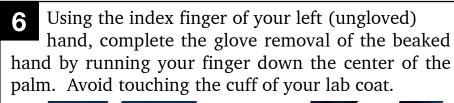
Pull the end of the glove over the thumb over the top of your fingers forming a "beak."





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









Never reuse disposable gloves. Wash your hands after removing gloves.







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