

Using the Personal Protective Equipment (PPE) correctly is another link in the chain of keeping a person safe. If the PPE is not worn or used correctly then it may not offer the expected protection to the user. Below are guidelines for putting on (donning) and removing gloves (doffing), as well as the appropriate times and places to wear gloves.

Donning Gloves

- » Wash hand before putting gloves on.
- » Remove all jewelry from hands.
- » Pick up one glove with the right hand
- » Line the thumb side of the glove up with the thumb side of the left hand
- » Slip the open end of the glove over the left hand and thumb
- » Stretch the palm side of the glove with the right hand, pulling the glove on to finger level.
- » Position the fingers of the glove in line with the fingers of the left hand.
- » Pull the remainder of the glove onto the left hand.
- » Pick up the second glove with the gloved left hand.
- » Line the thumb side of the glove up with the thumb side of the right hand.
- » Slip the open end of the glove over the right hand and thumb.
- » Stretch the palm side of the glove with the left hand, pull the glove on to finger level.
- » Position the fingers of the glove in line with fingers of the right hand.
- » Pull the remainder of the glove onto the right hand.
- » Proceed with activity requiring gloves.

Consultants, Inc. Competency: Donning Gloves

Doffing Gloves

There are two standard methods to taking off gloves. Method One for glove removal is recommended, because it is harder for a person to become contaminated. However, if Method Two can be done without causing contamination, use the easiest method. Below are both methods.

Method One:



- » Grasp one of the gloves and cuff and pull it partway off. The glove will turn inside out. It is important to keep the first glove partially on your hand before removing the second glove. This protects you from touching the outside of either glove with your bare hands.
- » Leaving the first glove over your fingers, grasp the second glove near the cuff and pull it part of the way off. The glove will turn inside out. It is important to keep the second glove partially on your hand to protect you from touching the outside surface of the first glove with your bare hand.
- » Pull off the two gloves at the same time, being careful to touch only the inside surfaces of the gloves with your bare hands.
- » Dispose of the gloves by placing inside out in the trash.

» Wash hands thoroughly

http://public-safety.berkeley.edu/oeplib/media/TIPS_FOR_REMOVING_GLOVES.doc

Method Two:



- » Grasp outside edge near wrist.
- » Peel away from hand turning glove inside-out.
- » Hold in opposite gloved hand.
- » Slide ungloved finger under the wrist of the remaining glove, be careful not to touch the outside of the glove.
- » Peel off from inside, creating a bag for both gloves
- » Discard
- » Wash hands thoroughly

<http://www.cdc.gov/ncidod/hip/ppe/PPEslides6-29-04.pdf>

Do's and Don'ts of Glove Use

- » Work from clean to dirty—this will help prevent contamination
- » Don't touch your face or adjust PPE with contaminated gloves
- » Don't touch environmental surfaces – doorknobs, keyboards, computer mouse. This means when leaving the laboratory TAKE OFF YOUR GLOVES. If you need to wear a glove in the hallway to carry a sample, make sure that the gloved hand is carrying the sample and the non gloved hand is operating door handles, elevator buttons, etc.
- » Change gloves when heavily soiled or if they are torn.
- » Discard gloves after use, never wash or reuse disposable gloves.

<http://www.cdc.gov/ncidod/hip/ppe/PPEslides6-29-04.pdf>

Hand Lotion and Glove Use

Usually hand lotions that contain petroleum products are incompatible with latex gloves. They can accelerate the deterioration process which can increase penetration of chemicals and viruses. However, if you suffer from dry skin, there is hope with the following product.

Theratein
Derma Moisturizing Lotion for Extremely Dry Skin
Harmony Laboratories Inc., Landis, NC 28088
Active Ingredient: Dimethicone, 1.0%

Contact Information:

[Jan Eggum](#), Laboratory Safety Specialist
252 East Maxwell Street
Lexington, KY 40506-0314
(859) 257-3242 Phone; (859) 257-8787 FAX