

Guidelines for Wearing and Removing Gloves

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1. What are gloves used for?

Gloves are worn to reduce the risk of transmission of infectious diseases between patients and healthcare providers by preventing contact with blood and other body fluids.

2. What type of gloves should be worn?

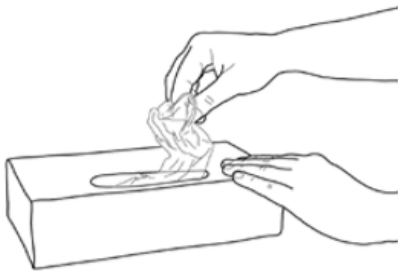
General purpose examination gloves are most commonly used by caregivers and healthcare workers to protect themselves from contamination during an examination or procedure. These tend to generally sized (small/medium/large). Surgical gloves are more specifically sized and designed to allow better precision and sensitivity and are usually individually packaged and can be more sterile.

This guidance is for the use of general purpose examination gloves.

3. How to don and doff gloves

Proper hand hygiene is essential before and after using gloves. Clean hands with soap and water or alcohol-based hand sanitizer before donning.

Steps to don gloves



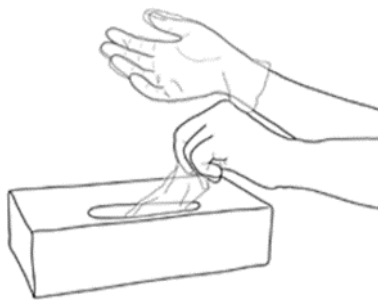
1. Take out a glove from the box, taking care to pull it out of the box by the edge of the cuff



2. Continue to hold the glove by the top edge of the cuff only as you slip your fingers into it. Do not touch the fingers or other areas of the glove's surface.



3. Finish donning the first glove by gently pulling it on, holding it by the top edge of the cuff.



4. Using your bare hand, take a second glove from the box, taking care to lift it out of the box by the edge of the cuff

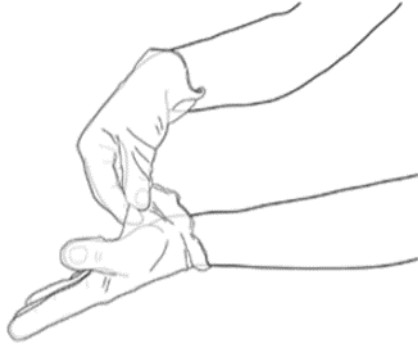


5. Transfer the glove to your gloved hand by the edge of the cuff. Insert your bare fingers into the glove. To avoid touching the skin of the forearm while pulling the glove on, turn the external surface of the glove to be donned over slightly. Gently finish pulling the second glove up.

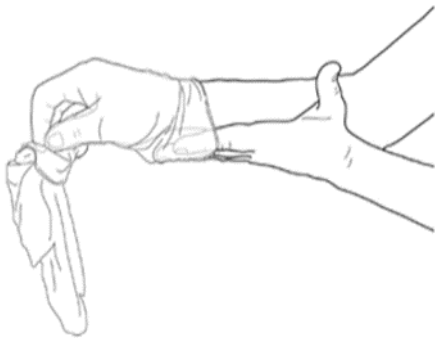


6. Once gloved, hands should not touch your face or other surfaces. Gloved hands should only take care of patients or perform other healthcare related activities, like taking a nose or throat sample for testing.

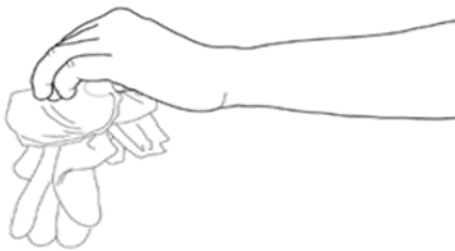
Steps to doff gloves



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm. Peel the glove downward and away from hand, allowing the glove to turn inside out



2. Hold the removed glove on the gloved hand. Slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and over top of the first glove.



3. Discard the removed gloves in an appropriate waste container
4. **Clean your hands with soap and water or alcohol-based hand sanitizer.**

4. Key messages for gloves use

To reduce the risk of transmission of infectious disease, gloves should be properly used as follows:

- Hand hygiene with soap and water or hand sanitizer before putting on and taking off gloves.
- Follow the correct steps for taking on and off.
- Remove gloves and perform hand hygiene after completing examination of the patient or procedure that required gloves.
- Change to a new pair gloves if the gloves integrity becomes compromised (e.g. punctured).
- Hand hygiene should be performed between removing the compromised gloves and donning a new pair.
- Avoid unnecessary and inappropriate use of gloves
- Reuse of gloves is not recommended.

Reference and Bibliography

1. Glove Use Information Leaflet [Internet]. WHO. [cited 2020 April30]. Available from: https://www.who.int/gpsc/5may/Glove_Use_Information_Leaflet.pdf