

Removal of Disposable Gloves

I understand that everyone's first thought at this time, is the CORVO-19 virus and wearing gloves to help protect yourself. Please remember that gloves, unless used correctly can often increase your potential for exposure and the Department of Health recommends handwashing over glove use for most people. At AU Environmental we often wear disposable gloves for hand protection in our daily operations. Working with certain chemicals or materials, whether in liquid, powder or aerosol forms can pose dermatitis issues and worse. Nitrile gloves are preferred to avoid allergic reaction that many have to latex. Wearing the correct size glove for your hand and how you take your gloves off are often overlooked. Ensure you have the right size glove for your hand prior to work commencing. Your supervisors should have an adequate variation in sizes for all employees use. The following information is provided to help understand why removing gloves properly is important and how to do so.

The Dangers of Cross-Contamination

When working with chemicals, cleaning fluids, infectious pathogens or other substances, it's important that any contaminant on the outer surface of the glove is not transferred onto the skin or other 'clean' objects including other items of PPE. All too easily, the correct procedure is not followed, and skin irritation as well as cross-contamination can result. This can not only cause great distress and pain to the individual, but it can also cause downtime in your business. This can be minimised and ultimately avoided by following a few simple steps.

A How-To Guide for the Removal of Disposable Gloves:

1. **Pinch** and hold the outside of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove **inside out**.
3. Pull the glove away until it is removed from the hand and hold the **inside-out glove** with the gloved hand.
4. With your un-gloved hand, slide your fingers under the wrist of the remaining glove, taking care not to touch the outside of the glove.
5. Again, peel downwards, away from the wrist, turning the glove inside out.
6. Continue to pull the glove down and over the inside-out glove being held in your gloved hand.

This will **ensure that both gloves are inside out, one glove enveloped inside the other**, with no contaminant on the bare hands.

- **Dispose of Gloves in approved receptacle.**
- **Wash hands using recommended hand washing regime.**

