

## HOW TO SAFELY REMOVE CLOTH GLOVES

*Be sure to have your bucket or receptacle ready for your gloves*

1. Grip the fingertips of one glove in your other hand and pull



2. Pull the glove by the fingertips until it is entirely removed



3. Toss the glove in the designated receptacle



4. Place fingers from your bare hand inside the cuff of the glove that you have on, be sure not to touch the outside of the glove



5. Start peeling the glove off, be sure to only touch the inside of the glove



6. Peel that glove off so that it comes off inside out, touching only the inside of the glove



7. The glove will come off inside out, do not ball it or touch the outside



8. Toss that glove in the receptacle!



**Wash your hands with soap and water or use hand sanitizer and you're done!**