Proper Glove Removal Technique

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, holding the inside-out glove with the gloved hand.

4. With your un-gloved hand, slide your finger(s) under the wrist of the remaining glove. Do not touch the outer surface of the glove.

5. 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.