

Step-by-Step: Sterile Techniques for Putting on Gloves

Sterile Technique for Putting on Gloves. Wash your hands with soap and water for at least 20 seconds. Thoroughly dry your hands with a towel. Open a new pack of gloves.

Grab one of the gloves by the bottom, where it is folded over. Fully pull the glove onto your hand, still holding it by the piece that is folded over.

Make sure the folded piece is unfolded at the top of the wrist. Use your gloved hand to pick up the other glove by sliding your fingers under the folded area.

Slide the glove onto your other hand. Fold the bottom of the glove fully over onto your wrist.

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