

Step-by-Step: Sterile Techniques for Taking Off Gloves

Sterile Techniques for Taking Off Gloves. Using one gloved hand, slide the top of your other glove down. Fully remove the glove from your hand.

Still holding the used glove in your gloved hand, insert the middle and index fingers of the ungloved hand under the top of the glove still on your other hand.

Fold the glove over it and fully pull it off, trapping the used glove inside of this one.

Correctly dispose of the gloves. Wash your hands with soap and water for at least 20 seconds.

The contents of this video/website are for information purposes only. Nothing contained in this video/website is intended to substitute for medical advice, diagnosis, or treatment. If you have any healthcare related concerns or questions, you should seek the advice of your physician or other qualified healthcare providers. You should never disregard or discount the importance of professional medical advice because of something you have read or seen on this video/website. You should never delay seeking treatment or advice for a medical condition because of something you have read or seen on this video/website.