

# Best Practice for Donning & Doffing Disposable Medical Gloves

## DONNING



1 Perform hand hygiene for at least 20 seconds with alcohol hand rub or soap and water. Ensure hands are completely dry before donning gloves.

Touch only a restricted surface of the glove (at the top edge of the cuff) and create an opening.



2 Insert five fingers into the opening and gently pull the cuff over the wrist.



3 Take the second glove with the bare hand and touch only a restricted glove surface corresponding to the wrist.



4 Pull glove cuff towards wrist to cover as much skin as possible and secure glove.



5 Once gloved, hands should not touch anything else that is not defined by indications and conditions for gloved use.

## DOFFING



1 Grasp the outer edge of the glove near the wrist with the opposite gloved hand. Ensure skin of forearm does not touch the outer glove surface.



2 Peel the glove away, turning it inside out.

Hold the glove in the other gloved hand.



3 To remove the second glove, insert two ungloved fingers under the glove cuff and peel off the gloves.



4 Remove gloves by rolling it down the hand and turning it into a bag containing both gloves.

Discard gloves safely according to your facility's requirements.



5 Perform hand hygiene for at least 20 seconds with alcohol hand rub or washing with soap and water.

## BEST PRACTICES

- ✓ DO always perform hand hygiene before and after glove use.
- ✓ DO remove glove from box and inspect it for any holes, punctures or tears.

- ✗ DON'T wear gloves over jewellery and keep fingernails short.
- ✗ If gloves are ambidextrous, they can be worn on either hand. If not, align the glove fingers and thumb with the proper hand before donning.

Note: Disposable medical gloves are for single-use only.