



SKILL SHEET

Removing Latex-Free Disposable Gloves

1. Touching only the outside of the glove, pinch the palm side of one glove near your wrist.	
2. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand.	
3. Hold the glove in the palm of your other (still gloved) hand.	
4. Carefully slip two fingers under the wrist of the remaining glove. Avoid touching the outside of the glove.	

5. Pull the glove toward your fingertips, turning it inside out as you pull it off your hand. The first removed glove is now contained inside.



6. Dispose of the gloves properly and wash your hands. Follow facility policies for when gloves need to be disposed of in a red biohazard waste bag.



Common Errors

- Not avoiding touching bare skin with contaminated surface of glove