

DONNING AND DOFFING EXPLAINED

Disposable Gloves

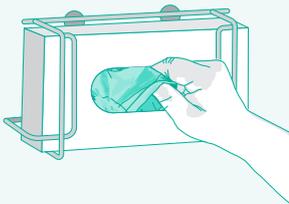
Many types of workers are now wearing disposable or medical exam gloves to help protect against the spread of COVID-19. To reduce the risk of exposure to the novel coronavirus, it is important that wearers wash their hands both before and after wear. They must also take care to put on and remove their gloves properly.

Follow our donning and doffing best practice tips below.

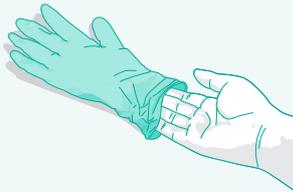
PERFORM THE 5 MOMENTS FOR HAND HYGIENE BEFORE DONNING AND AFTER DOFFING GLOVES.¹

HOW TO DON

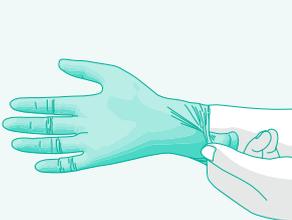
1 Remove one glove from the box and avoid touching the fingers to reduce contamination risk. Make sure there are no holes or tears.



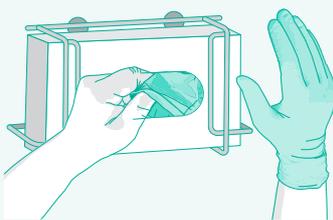
2 Most disposable and medical exam gloves can be worn on either hand. If using hand specific gloves, align the glove fingers and thumb with your hand to be sure you are putting the correct glove on the correct hand.



3 Insert five fingers into the cuff and pull the cuff over the wrist.



4 Repeat the procedure to don the other glove.



HOW TO DOFF

1 Grasp the outside edge of the glove near the wrist.



2 Peel the glove away from the hand, turning it inside out. Hold it in the opposite gloved hand.



3 Slide an ungloved finger under the wrist of the remaining glove, being careful not to touch the outside of the glove.



4 Peel the remaining glove off from the inside, creating a "bag" containing both gloves. Discard the gloves appropriately.



¹ World Health Organization (WHO): WHO Guidelines on Hand Hygiene in Health Care 2009