

# DONNING AND DOFFING EXPLAINED

## Medical Examination Gloves

Medical examination gloves are important safety protection for both the healthcare worker and patient, and to be effective requires correct donning and doffing. Select the right glove size for your hands to ensure a secure fit around the fingers and palm. The cuff should also fit snugly around the wrist.

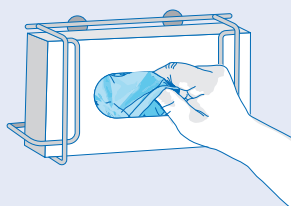
**Follow our donning and doffing clinical best practice tips found here.**

**PERFORM THE 5 MOMENTS FOR HAND HYGIENE BEFORE DONNING AND AFTER DOFFING GLOVES.<sup>1</sup>**

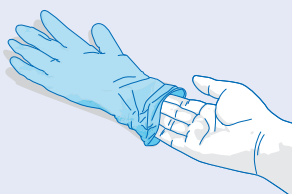
### HOW TO DON

### HOW TO DOFF

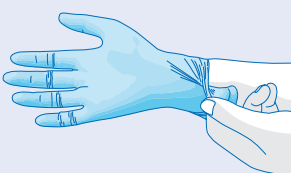
- 1** Remove one glove from the box and avoid touching the fingers to reduce contamination risk. Inspect it to be sure no pinholes or tears are present.



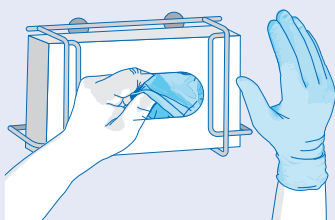
- 2** If gloves are ambidextrous, they can be worn on either hand. If not, align the glove's fingers and thumb with the proper hand before donning.



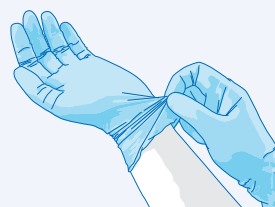
- 3** Insert five fingers into the cuff and pull the cuff over the wrist.



- 4** Repeat the procedure to don the other glove.



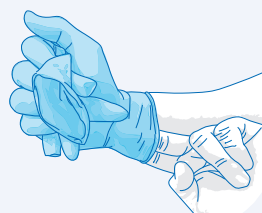
- 1** Grasp the outside edge of the glove near the wrist.



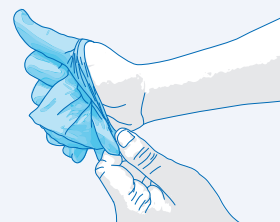
- 2** Peel the glove away from the hand, turning it inside out. Hold it in the opposite gloved hand.



- 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