



Removing Gloves Safely

The CompWest Difference

CompWest customers are assigned a dedicated loss control consultant to identify and address loss trends while serving as a safety resource.

Wearing protective gloves helps to prevent contamination and the spread of disease. It is important to know how to properly remove rubber gloves to keep contaminants sealed inside and off of your hands. Follow these steps to safely remove rubber gloves:

Step One. Hold your right hand out with your palm facing up.

Step Two. Pinch a portion of the glove that covers the inside of your wrist on your right hand. Use the thumb and index finger of your left hand.

Step Three. Gently pull the glove down about half way over your palm, revealing the inside of the glove. Do not completely remove the glove. Let go of the glove after you pull it down over the palm.

Step Four. Use your right thumb and index finger to repeat these steps on your left hand. This time, you will pinch the outside of glove above the inner portion of your left wrist and completely remove the glove on the left hand. Continue holding the left glove with your right thumb and index finger.

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Step Five. Pull up a portion of the right glove with your bare left thumb and index finger. Touch only the inside portion of the glove that has already been revealed.

Step Six. Remove the right glove by pulling down with your left thumb and index finger. As you pull down, the left glove that has already been removed should fold up inside the right hand glove.

Step Seven. Dispose of the rubber gloves in a proper container. Gloves that were in contact with certain, substances like chemicals and bodily fluids, cannot be thrown away in public trash receptacles.

Tips and Warnings:

- Practice these steps with clean gloves until you are comfortable with the removal process.
- You can begin with the left hand by swapping the left and right hand references throughout the steps.
- Remember, the goal is to remove the gloves without spreading contaminants. You will need to avoid touching the outside of the glove with bare hands.

What's not allowed?

- Water hoses, sink faucets or showers. These are generally not considered adequate under ANSI standards.
- Personal eyewash units (small bottles with eye dropper attachments) and drench hoses may be used in conjunction with, but not instead of, the plumbed or self-contained units

For more safety tips and information, visit CompWestInsurance.com.

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