

Why should you wear gloves?

The purpose of wearing gloves is to create a barrier between a hazard and your hands. The type of glove, the extent of the contamination or damage, and whether or not you will reuse, clean, or dispose of the gloves, are all important to keep in mind when removing your gloves. The goal is to put gloves on and remove them without having your skin come in contact with the product, chemical, or material you are trying to protect your hands from.

Putting on and taking off gloves

- ⇒ **Before you put on gloves**, clean your hands (including your nails), and dry them thoroughly with a clean towel. Consider wearing a light-weight glove liner to help keep your hands dry and comfortable as you work.
- ⇒ **Remove your gloves when** they are damaged (ripped, torn, chemicals have moved through the glove, etc.), the work requiring gloves is finished, before touching tools and equipment that may come in contact with your or others' ungloved hands, before eating, drinking or smoking, and at the end of your work shift. Always wash your hands with soap and clean water after removing your gloves. **Do Not** use the water in the bucket used to clean your tools – instead, use soap, clean water, and a damp washcloth or disposable towelettes to clean your hands.
- ⇒ **To remove reusable gloves**, follow manufacturer's instructions when they are available.

1. Clean off the outside of the gloves at least daily and prior to removing them.
2. Loosen the gloves on both hands. Hold hands down to prevent the material, product, or contaminated water from dripping onto your skin or clothing.



3. Keep the gloves down and remove the first glove only to the fingers – the cuff will remain over your palm.



4. Grab the second glove with the first glove and remove it. The first glove should slip off.



5. Handle gloves by the inside only – the area not contaminated. Avoid touching the outside of the glove.

6. Wash your hands with soap and water – **do not use hand sanitizers**.

To remove disposable gloves without contaminating your hands peel them back from the top (the cuff) turning them inside out as you go. Dispose of the gloves at the jobsite.



Discussion questions

- ⇒ **Do you know anyone who has suffered a burn or skin problem caused by their skin coming in contact with a chemical at work?**
- ⇒ **What should you do if the inside of your glove gets contaminated?**

Visit www.choosehandsafety.org to learn more about preventing dermatitis and other skin disorders.

*Resources: Developed with assistance from Michael R. Cooper, CIH, CSP, MPH
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