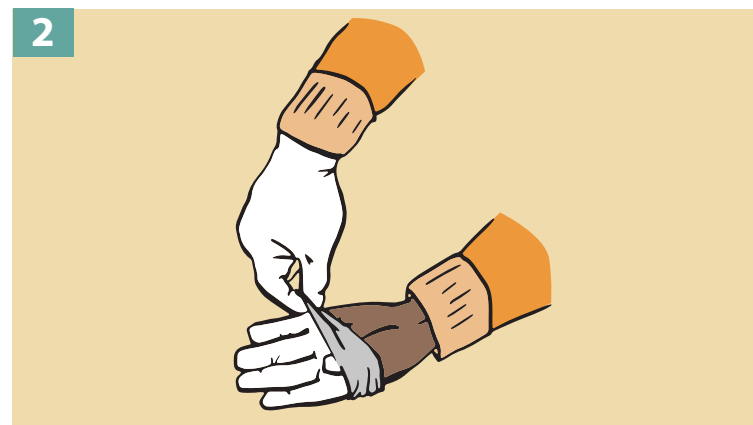
How to Remove Gloves

To protect yourself, use the following steps to take off gloves

1

With both hands gloved, grasp the outside of one glove at the top of your wrist, being careful not to touch your bare skin.

2

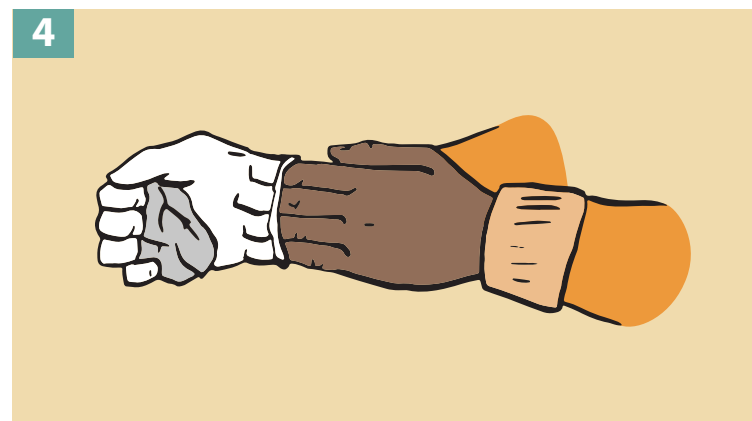


Peel off this first glove, peeling away from your body and from wrist to fingertips, turning the glove inside out.

3

Hold the glove you just removed in your gloved hand.

4



With your ungloved hand, peel off the second glove by inserting your fingers inside the glove at the top of your wrist.

5

Turn the second glove inside out while tilting it away from your body, leaving the first glove inside the second.

6

Dispose of the gloves safely. Do not reuse the gloves.

7

Clean your hands immediately after removing gloves and before touching any objects or surfaces.

Adapted from Workers' Compensation Board of B.C.