



Putting on the Sterile Gloves and Taking off the Contaminated Gloves

Aim: At the end of this training session, participants should overpass the steps easily by performing the steps of the skill correctly and timely

Tools: Liquid soap, paper towel, sterile gloves

STEPS

Putting on the gloves

1. Wash your hands
2. Control the expiration date, and check whether the glove cover is damaged or not
3. Open the glove cover without tearing the second paper cover in it
4. Turn the wrist side of the glove cover towards you
5. Hold your active hand's glove with your other hand from the folded wrist part
6. Slide the fingers of your active hand into the glove
7. Place your hand by pulling the folded part
8. Hold your other hand's glove by placing your active hand's first four fingers inside the folded wrist part
9. Slide fingers of your other hand into the glove
10. Clasp your hands so that the gloves are worn properly

Taking off the contaminated gloves

11. Hold tightly the inner side of the glove with the first two fingers of your hand
12. Pull out the glove by reversing the inside
13. Put the glove in the palm of gloved hand without touching the outside of the glove with the naked hand
14. Hold tightly the inside of the glove wrist with the second and third fingers of the naked hand
15. Pull out the glove by reversing the inside and holding the other glove in it
16. Discard the gloves in the basket with red liner (for medical waste)
17. Discard the glove cover in the basket with black liner (for general waste)
18. Wash your hands