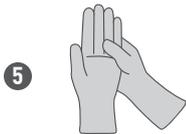


# Instructions: Donning and Doffing of examination gloves

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## Donning:

1. Remove any sharp objects to avoid puncturing the gloves.  
Wash thoroughly / disinfect your hands before putting on gloves.  
Choose suitable size for yourself.
2. Using only thumb & index grasp the edge of the glove.
3. Slip the hand into the cuff & pull it over the wrist.
4. Pick up 2nd glove by sliding gloved hand under the cuff of the glove. In a single movement, slip the 2nd glove onto the ungloved hand. Do not touch any other surface.
5. Check for a secure fit and be sure no pinholes or tears are present.



## Doffing:

6. Grasp the outside edge of one cuff with gloved hands, avoid touching the wrist.
7. Pull the glove off, turning it inside out and place it in your hand.
8. Hold the removed glove in your gloved hand.  
Slide the ungloved thumb under the cuff of the remaining glove.
9. Peel the glove off inside out over the previously removed glove, bagging both gloves. Discard the gloves & perform hand hygiene.