# Gloves: Don, Adjust, Doff

## Don and Adjust

1. Select correct type and size
   * Gloves should fit snugly.
2. Insert hands into gloves.
3. Adjust as needed for comfort and dexterity.

## Doff

1. Grasp outside edge of glove near wrist.
2. Peel away from hand, turning glove inside-out, contaminated side now on the inside.



1. Hold in opposite gloved hand.
2. Slide ungloved finger under the wrist of the remaining glove.



1. Peel off from inside, creating a bag for both gloves.



1. Discard into regular trash unless heavily soiled with blood, then dispose into red trash.
2. Perform hand hygiene after gloves are removed using soap and water or alcohol based hand gel.