

HOW TO GUIDE NITRILE GLOVES

How to put on Disposable Gloves

Step 1 - Check The Glove Size

It's so important that the gloves you are about to put on are the right size. The correct size means they won't be too tight that they rip or too loose that they fall off or reduce dexterity. Glove sizes vary per manufacturer but we have a great guide to determine which one you will likely require.



Step 2 - Remove All Jewellery

Rings with large stones and bracelets with catches can snag disposable gloves, causing them to tear and break. Remove these before pulling the gloves on.



Step 3 - Ensure Hands Are Clean

You may think the gloves serve as the main protection but it's important your hands are also clean to ensure that should a tear or rip occur, the skin underneath is still clean to minimise spreading infections. If you don't have access to soap and water an antibacterial hand gel will do. Ensure hands are thoroughly dry before putting on disposable gloves.



Step 4 - Remove Gloves From Their Packaging

Check them carefully for signs of tears or rips to ensure they are in good order before putting them on.



Step 5 - Start With Your Dominant Hand

It's a good idea to cover your dominant hand first and you do this by using your non-dominant hand to pick up the glove by the inside of the cuff. Then simply slide your dominant hand into this.

Remember, it's important you only touch the inside of the glove to reduce the chances of contamination and only adjust this glove once the other one is on. Repeat with the other glove.



Step 6 - Adjust The Gloves If Necessary

Carefully adjust the gloves to better fit around fingers and cover the whole hand. Ensure you don't pull too much to prevent rips and tears and avoid touching the skin on your wrist when adjusting the cuff of the glove.