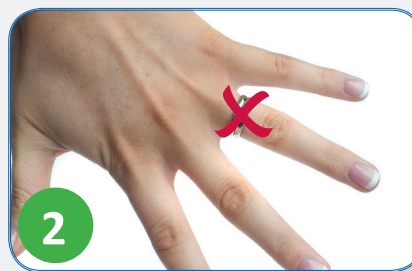


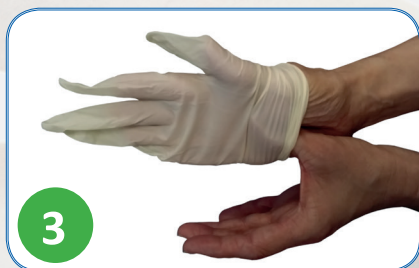
Advice on how best to apply and remove disposable gloves



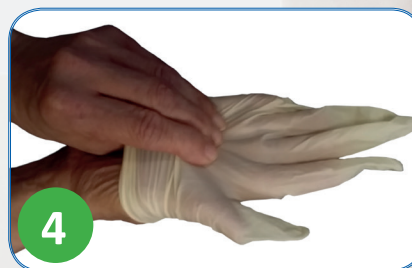
It is advisable to first wash/disinfect the hands before applying the disposable gloves. The hands should only be washed using soap and lukewarm water should they show obvious signs of dirt (app. 40 – 60 sec.) The method of disinfecting the hands by rubbing on an alcohol based hand disinfectant solution is both quicker (15- 30 sec.) and more effective, being gentler on the skin than the use of soap and water. Allow the hands first to dry before applying the disposable gloves.



The fingernails should be short enough to ensure that they can always be kept clean. It should be insured that no false nails, coloured nail polish, rings or jewellery be worn on the lower arm that could damage or tear the gloves.



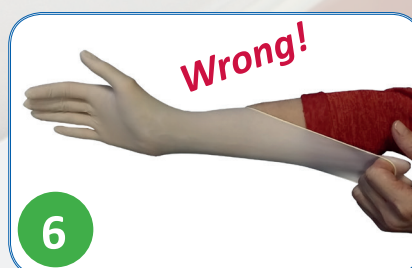
Pull the glove gently and loosely over the fingers of the one hand, while inserting the thumb of the other hand gently against the inner palm and wrist position of the hand receiving the glove.



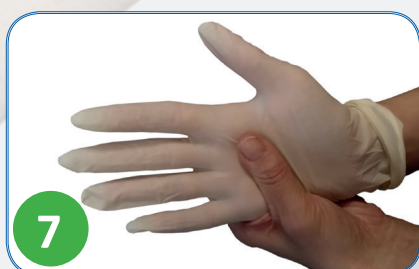
Now take hold of the glove with the remaining fingers from the outside together with the already inserted thumb inside the glove. Pull the glove gently over the wrist without any extra stretching in the direction of the elbow crease.



Now pull the glove on until it fits the hand snugly without any over stretching. Over stretching could cause the glove material to weaken and possibly tear on application or on removal after use.



Try to avoid obvious over stretching and rough tugging of the glove. **Helpful tip:** Gloves should not need to be pulled up much further than just over the wrist.



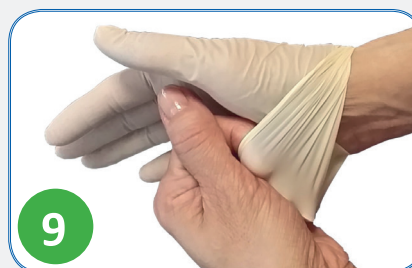
Finally adjust the fingers of the glove into a comfortable finger position.



Choose the glove size that is suitable to your hand size (the glove sizes may vary from one manufacturer to another), to avoid any overstretching (frequent tearing of the gloves).



Removal of the glove is easily ensured by simply having one hand take hold of the inner surface of the other hand and lifting the glove material away. The hand then continues to pull the glove completely off the hand until the hand is glove free.



The non-gloved hand now fits under the cuff of the gloved hand and also removes the glove. At the end the glove will be turned inside out and rolls itself together with the other glove into a neat little ball ready for disposal.

The gloves are then disposed of in the appropriate refuse container. This is then followed by hygienic hand disinfection.