



MISSISSIPPI STATE UNIVERSITY™
EXTENSION

MSU DAWG TRACKS

Disposable gloves are a “handy” 😊 piece of personal protective equipment (PPE) to keep around. Their main job is to provide a protective barrier to your hands, when cut protection is not needed. They can be necessary for job task involving everything from bathroom cleaning chemicals to bloodborne pathogens in labs to pesticide handling around the farm, just to name a few.

Disposable gloves come in many colors, materials & thicknesses. Different colors may be helpful to use prevent cross-contamination or just simply hide the dirt for a cleaner look. The material and thickness choice should be based on the specific job task and the materials you will be in contact with.

- Thinner gloves (4 to 5 mils) are preferred for food industry workers, medical professionals and people working with small parts because those gloves give them more freedom of movement and touch sensitivity.
- Thicker gloves (8 to 15 mils) are more commonly used by mechanics, tattoo artists, or people working with cleaners, solvents and chemicals. Thicker gloves are better in these circumstances for a variety of reasons. Thicker gloves will:
 - Absorb more of the friction when turning a tool, so your hands won't get calloused.
 - Provide more protection from accidental pricks.
 - Length permeation time for any chemicals from reaching your skin.

Disposable gloves are a single-use item. They can be used, removed and thrown away without worrying about contamination. However, the way that your gloves are taken off after being used plays a big part in making sure that contamination does not spread.

Step-by-Step Method for Removing Disposable Gloves:

1. Pinch the outside of the glove about an inch or two down from the top edge inside the wrist.
2. Peel downwards, away from the wrist, turning the glove inside out
3. Pull the glove away until it's removed from the hand. Hold the inside-out glove with the gloved hand.
4. With your gloveless hand, slide your fingers under the wrist of the glove, do not touch the outside surface of the glove.
5. Peel downwards, away from the wrist, turning the glove inside out.
6. Continue pulling the glove down and over the first glove. This ensures that both gloves are inside out, one glove enveloped inside the other, with no contaminants on the bare hands.
7. Dispose of the gloves in a proper bin.



For more info contact:
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Sources:

<https://www.globus.co.uk/how-to-safely-remove-disposable-gloves>
<https://www.superiorglove.com/blog/the-guide-to-disposable-nitrile-gloves-uses-and-prices#removeaglove>
<https://www.yourglovesource.com/blogs/glove-knowledgebase/43943233-how-to-put-on-nitrile-and-latex-gloves>