

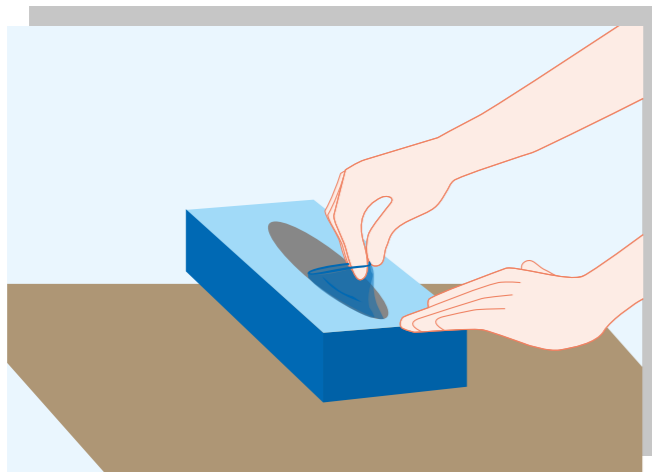
HOW TO PUT ON AND TAKE OFF GLOVES CORRECTLY

Recommendation NO 6

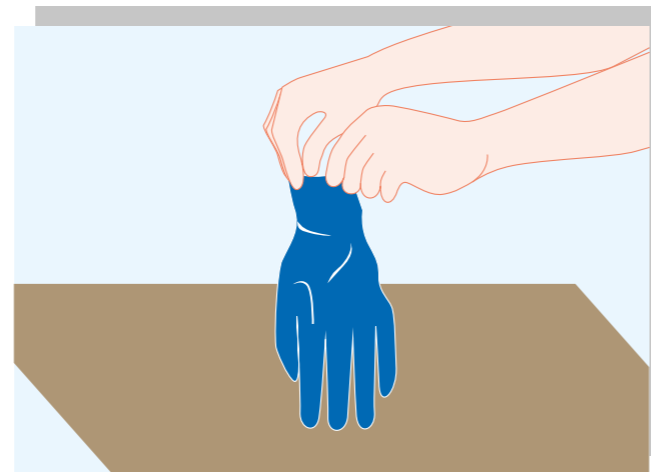
Before putting on gloves, thoroughly wash your hands with soap and water for at least 30 seconds or disinfect them.

Using gloves is recommended:

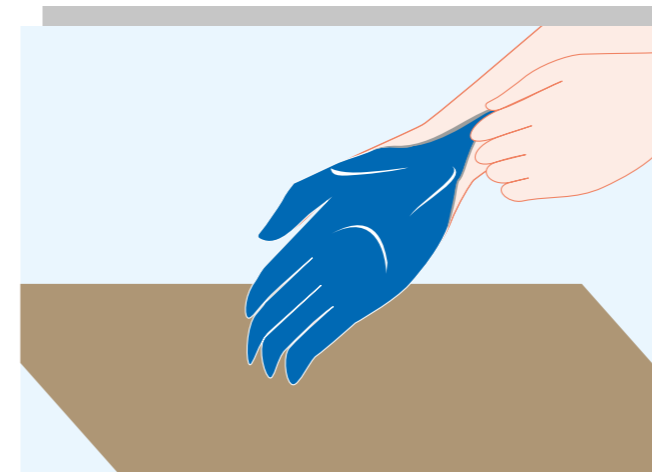
- during car exchange,
- when collecting parcels, when there is a need to open documents,
- when taking other employees' temperature,
- while disinfecting workstations, high-touch surfaces (doorknobs, light switches, etc.),
- in other situations, not listed here, where a risk of infection occurs.



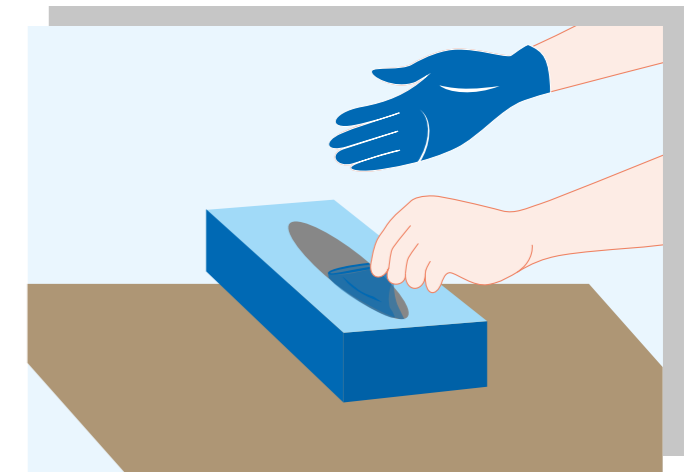
Take the gloves out of the packaging by the cuff.



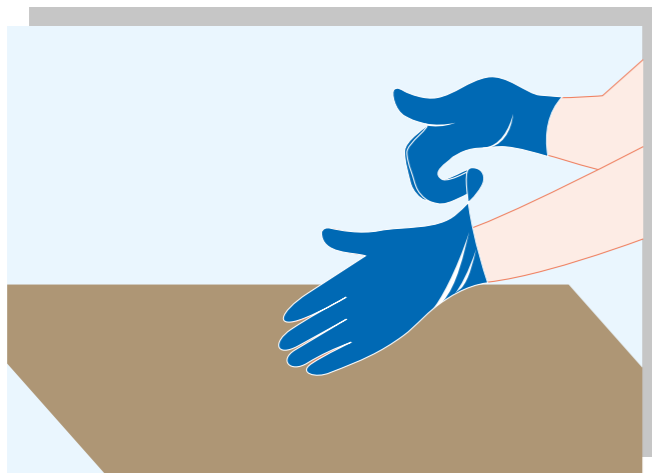
Grab the glove where wrist should be and put it on your hand with one smooth motion.



Put on the first glove.

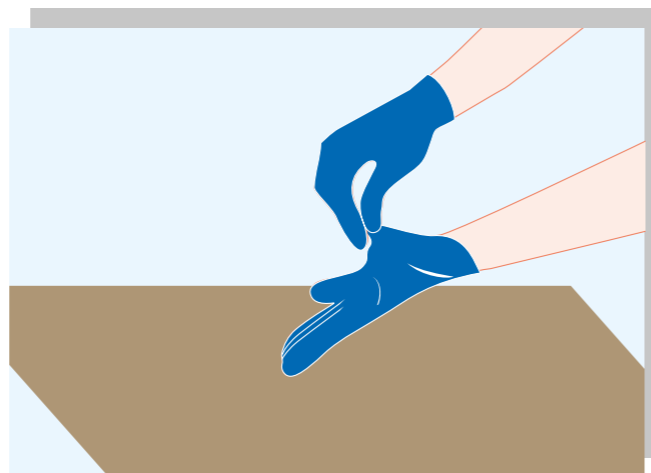


Take the second glove out of the packaging with your bare hand.

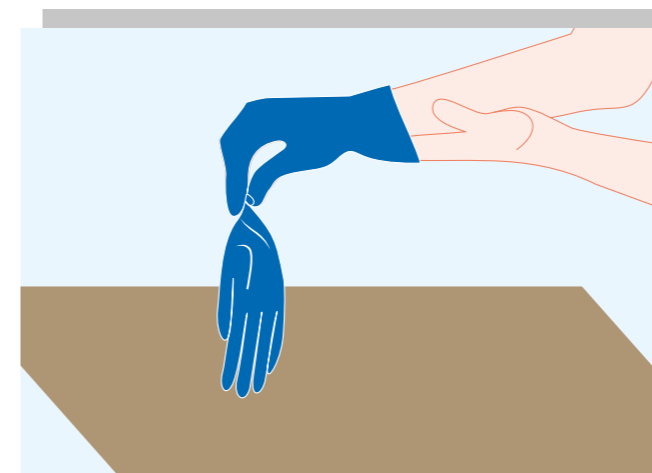


With bent fingers of the gloved hand, peel back the outer edge of the new glove and put it on your other hand.

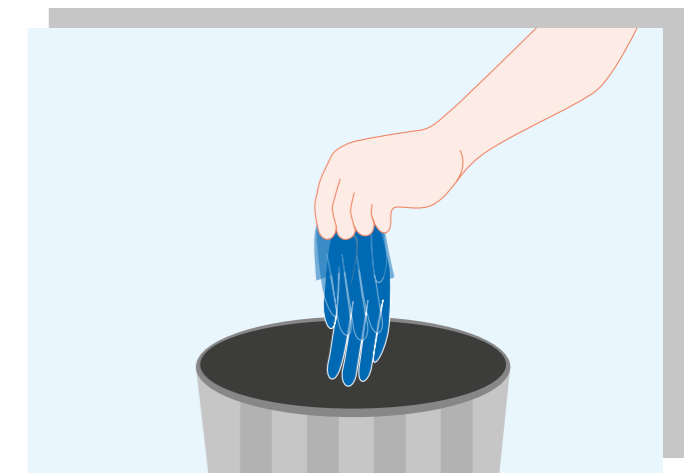
TO TAKE OFF:



Grab one of the gloves at the wrist with your fingers and pull it off by turning the glove inside out.



Hold the removed glove in your gloved hand and slip the fingers of your bare hand between the glove and the wrist. Pull the other glove down along your hand and then wrap it around the glove held in your fingers.



Put the gloves in the garbage bin.