



How to Remove Disposable Gloves and Mask

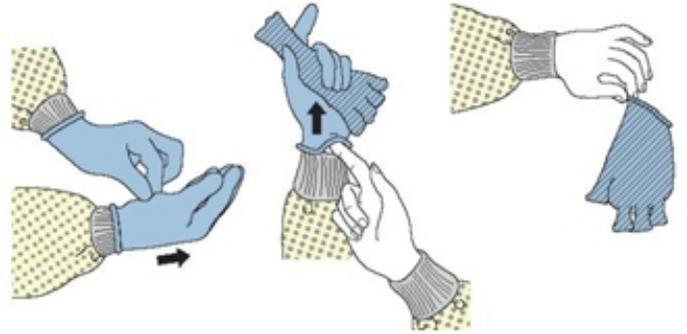
When you work on a construction site there are times where you are going to need to wear disposable respirators, as well as touch areas other workers touch. Depending on the hazard and level of risk, you may be required to don a disposable face mask, disposable air-purifying respirator and/or disposable gloves. Keep in mind that for respirators, individual fit testing must be done on the brand, style and size of the masks chosen, for each worker.

There are some things to think about before you remove your PPE.

- Are you near a sink with anti-microbial soap, or near a hand sanitizer dispenser?
- Are your gloves contaminated?
- Have you touched your face, eyes or hair with potentially contaminated sources?
- Have you been near other workers or other commonly touched surfaces?

GLOVES (CDC)

1. Grasp the outside of one glove at the wrist. DO NOT TOUCH your bare skin.
2. Peel the glove away from your body, pulling it inside out.
3. Hold the glove you just removed in your gloved hand.
4. Peel off the second glove by putting your fingers inside the glove at the top of your wrist.
5. Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.
6. Dispose of the gloves safely. Do not reuse the gloves.
7. Clean your hands immediately after removing gloves.



MASK OR RESPIRATOR (CDC)

1. Front of mask/respirator could be contaminated — DO NOT TOUCH!
2. If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer.
3. Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front.
4. Discard in a waste container.
5. Clean your hands immediately after removing mask or respirator.



Resources-

<https://www.cdc.gov/vhf/ebola/pdf/poster-how-to-remove-gloves.pdf>

<https://www.cdc.gov/niosh/npptl/pdfs/PPE-Sequence-508.pdf>