



## Guidelines for Gloves

*Prepared by the Health Consultant Team at Child Care Aware® of North Dakota*

### Types of Gloves:

- Polyethylene (food service)
- Latex (non-powdered or powdered) \*\* non-powdered are preferred
- Vinyl
- Nitrile (blue)

### When Gloves Should Be Worn

Gloves should be worn in the following situations:

- When a bare hand may come in contact with food during preparation and serving
- During the diapering procedure if:
  - child has bloody stool or bloody rash,
  - child has diarrhea or diagnosed gastrointestinal disease,
  - you have cuts, sores, or rashes on hands,
  - you are pregnant.
- When dealing with blood or body fluids with visible blood
- When handling breastmilk if you have open wounds on hands or cover with waterproof bandages.

### Points to Remember:

- Check gloves for holes once gloves are on your hands before you use them.
- Make sure adults and children do not have an allergy to latex before using latex gloves.
- Food service gloves should not be used for diapering, first aid, or dealing with body fluids.
- If you have to use latex gloves, use non-powdered latex.
- Use non-latex gloves when touching people or food whenever possible.
- Never reuse gloves – once removed, discard.
- Wash hands before gloving. Germs on hands can be transferred to the outside of the gloves when gloves are removed from the box. You do not need to wash hands before gloving when cleaning up/handling body fluids.
- Wash hands after removing gloves. Sweat and bacteria build up under gloves, gloves can have holes, or hands can be contaminated when removing gloves.

# Gloving Procedure

## Step One: Clean hands before you begin if preparing or serving foods

Wash hands with soap and water or use an alcohol-based handrub before you begin the gloving procedure.

## Step Two: Put on Gloves



1. Take out glove from its original box.



2. Touch only a restricted surface of the glove corresponding to the wrist (at the top cuff).



3. Put on the first glove.



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist.



5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand.

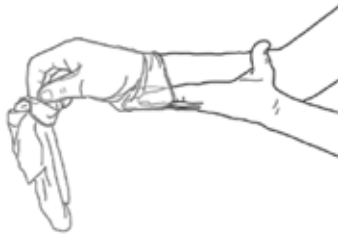


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use.

## Step Three: Remove Gloves



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out.



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove.



3. Discard the removed gloves.

## Step Four: Clean hands after gloves are removed

Wash hands with soap and water or use an alcohol-based handrub to complete the gloving procedure.