

How To Put On Sterile Gloves

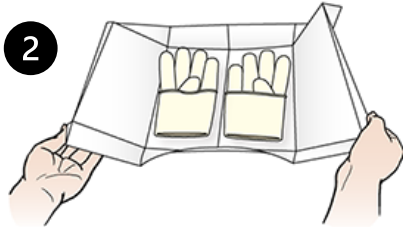


Memorial Sloan Kettering
Cancer Center



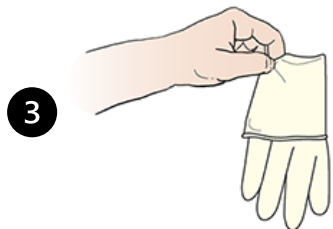
1 If you have rings on your fingers, take them off. Then, wash your hands with warm soap and water for at least 20 seconds. Dry your hands with a paper towel and use that same towel to turn off the faucet.

If you don't have disposable towels, it's OK to use clean cloth towels. Replace them when they're wet.

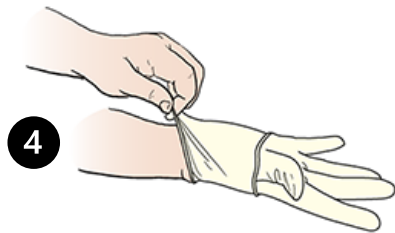


2 Place the package with the sterile gloves on a clean, dry surface. Open the package and pull the edges of the package down to keep them flat.

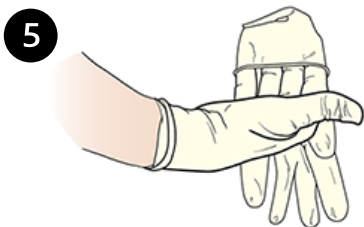
Sometimes, the sterile gloves are in a wrapper inside the package. If so, open the sterile gloves wrapper, touching only the outer side.



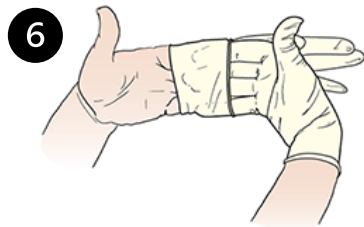
3 Use the thumb and fingers of your nondominant hand (the hand you don't write with) to pinch the folded inner surface of one glove. Lift the glove, making sure the outside does not touch anything.



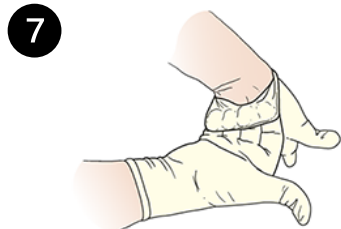
4 Place your dominant hand into the glove, palm side up. Use your other hand to gently pull the cuff up and over your wrist, only touching the glove's inner surface. Make sure the outside of the glove does not touch anything.



5 Slip the fingers of your gloved hand under the cuff of the other glove. Hold the glove up. Do not let it touch anything. Keep the thumb on your gloved hand pointing away so it's out of the way and doesn't touch the glove.



6 Slide your other hand into the glove, making sure to only touch the inside. Keep the fingers of your gloved hand tucked under the cuff.



7 Use your gloved hand to gently pull the cuff up and over your wrist. Do not touch anything except the outside of the glove, including your wrist.