

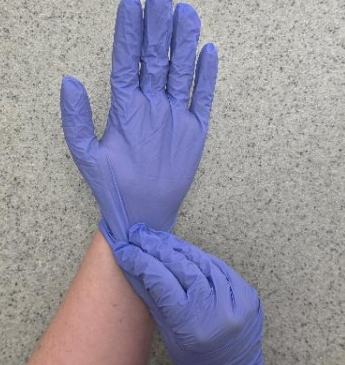
Personal Protective Equipment (PPE) (2) – gloves

Why use PPE?

Personal protection equipment (PPE) is used to prevent or minimise exposure to hazards. PPE can reduce the risk of injury but it does not replace safe practices whilst in the laboratory. It is important that PPE is worn when there is a recognised risk of harm and the PPE is worn correctly.

Gloves

- There will be very few occasions that gloves are needed in science lessons, so they should be worn only if instructed to do so. Using appropriate apparatus and techniques can be more useful than wearing gloves.
- Let the teacher know if you have any open wounds or skin problems on your hands before any practical activities.
- Use appropriate size gloves for your hands; if the gloves are too small then that can become uncomfortable, whereas if the gloves are too large then the grip loosens and the gloves are prone to snagging.
- Avoid touching your face, books or personal belongings while wearing gloves.
- Always replace your gloves if they become damaged, have any tears, or are very wet.
- Ensure to put on and take off the gloves correctly (see below). Wash hands after using gloves.

Putting gloves on  Take a pair of gloves from the package and inspect for tears or holes.	 Align fingers with the glove fingers. Most gloves are ambidextrous so can be worn on either hand.	 Insert the fingers and thumb into the glove and pull the cuff over the wrist.	 Repeat with the second glove, ensuring a secure fit and that both gloves are pulled tight on the wrists.
Taking gloves off  Pinch the outside of the glove near the wrist and begin to peel it off.	 Peel the glove from the hand, turning it inside out. Once off, hold the removed glove in the gloved hand.	 Whilst holding the removed glove, slide bare fingers under the wrist of the remaining glove.	 Peel the remaining glove off from the hand, turning it inside out and over the first glove. Discard the gloves in the general waste. Wash hands thoroughly.