

HOW TO WEAR A MEDICAL MASK AND DISPOSABLE GLOVES SAFELY

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Do's →



Good Practice in the Workplace

How to wear and remove both a medical mask and disposable gloves safely

Pro Vital Medical Services Limited
Sheffield United Football Club

How To Wear A Medical Mask Safely

- Before touching a mask, clean your hands with alcohol-based hand rub (for 20-30 seconds) or soap and water (for 40-60 seconds);
- Inspect your mask for tears and holes – *do not wear a mask that has previously been worn or is damaged*;
- Find which side of the mask is the top (usually where the metal strip is);
- Identify the inside of the mask (usually the white side of the mask);
- Place mask on your face covering your nose, mouth and chin;
- Make sure there are no gaps between your face and the mask;
- Pinch the metal strip so that it moulds to the shape of your nose.



REMEMBER

Do not touch the front of the mask while using it, to avoid contamination.

If you accidentally touch the mask, clean your hands and place on a new mask following the same technique as above.

How To Take Off A Medical Mask

- Before touching the mask, wash your hands!
- Remove the straps from behind the head or ears, *WITHOUT* touching the front of the mask.
- As you remove the mask, lean forward and pull the mask away from your face.

REMEMBER

Medical masks are for single use only.

**Discard the mask immediately, preferably into a closed bin.
Clean your hands after touching the mask.**

How To Wear Disposable Gloves Safely

- Make sure the right size of glove is used (measure your hand using a *glove sizing chart* – found in the first aid room);
- Wearing the correct size will reduce the potential for tearing and ensure freedom of movement for the hand;
- Remove any jewellery that may rip the gloves;
- *Wash your hands with alcohol-based hand rub or soap and water before and after wearing gloves*;
- Collect a glove from the dispenser;
- Check for visible tears or defects;
- Gently open the glove at the cuff and insert your hand;
- Move the hand down into the glove fingers, and roll the cuff down the wrist until the glove is secure;
- Apply the same technique for the second glove.



How To Remove Disposable Gloves

- First, grasp the outer edge near the wrist area, fold it over and peel it away from the hand, turning it inside out as it goes (this will trap potential contaminants inside the glove);
- Once the glove is off, hold it with the gloved hand;
- To remove the other glove, place the bear fingers inside the cuff *WITHOUT* touching the gloves exterior, now peel it off from the inside, turning it inside-out as it goes and use it to envelop the other glove;
- Dispose of them appropriately.

REMEMBER

Never wash or re-use disposable gloves.