

# GLOVING



The **disposable gloves** used most often are made of latex and are easy to **put on** and **take off**. They are used **once only** and **discarded** after.



Before you put on your gloves, carefully wash and dry your hands.



**Pull** a glove out of a box with one hand.



**Slide** it onto your other hand.



With your gloved hand, pull another glove out of the box and slide it onto your **bare** hand.



**Interlace** your fingers so that the gloves fit more comfortably.



When removing the gloves, pay attention not to touch the contaminated surface with your bare hands.



To take off your gloves, firmly **grip** one glove at the base of the **palm** and pull it out **inside out**.



Keep holding it in the palm of your hand.



**Slip** your bare fingers under the **wrist** of the remaining glove without touching its surface.



Push the glove down and off with the first glove **tucked** inside it.



**Drop** the **bundle** of gloves into a **sealable** plastic storage bag and **seal** it **tightly**. Discard the bag and wash your hands.

disposable gloves  
(to) put on  
(to) take off  
once  
(to) discard  
(to) pull (out of)  
(to) slide  
bare  
(to) interlace

jetable gants  
enfiler  
retirer  
une fois  
jeter  
tirer / prendre  
glisser  
nu  
entrecroiser

(to) grip	se saisir de
palm	paume
inside out	à l'envers
(to) slip	(faire) glisser
wrist	poignet
tucked	rentré à l'intérieur
(to) drop	lâcher
bundle	paquet
sealable	hermétique
(to) seal	sceller / fermer
tightly	fermement