

Open gloving



1: Open the glove packet without touching the inside of the packet and with the fingers of the gloves pointing away from you.



2: Pick up the cuff of the right hand glove with your left hand.



3: Slide your right hand into the glove...



4: tucking your right thumb inside the cuff.



5: Slide your right hand inside the cuff of the left glove and ...



6: pick up the left glove.



7: Slide your left hand inside the glove.



8: Using your right hand inside the cuff extend your left hand into the glove ...



9: and pull the cuff up your arm (without contaminating your right glove!)



10: Slide your left fingers inside the cuff of your right glove and ...



11: pull the cuff up your arm (avoiding contamination of your left glove!)



12: Adjust the fit of the glove as necessary