

## Procedure #7: Applying and Removing Sterile Gloves (Open Method)

### PURPOSES

- To enable the nurse to handle or touch sterile objects freely without contaminating them
- To prevent transmission of potentially infective organisms from the nurse's hands to clients at high risk for infection

### Equipment

- Packages of sterile gloves

### Preparation

Ensure the sterility of the package of gloves

### Performance

1. Prior to performing the procedure, introduce self and verify the client's identity using agency protocol. Explain to the client what you are going to do, why it is necessary.
2. Perform hand hygiene and observe other appropriate infection prevention procedures
3. Provide for client privacy.
4. Open the package of sterile gloves.
  - Place the package of gloves on a clean, dry surface.
  - Some gloves are packed in an inner as well as an outer package. Open the outer package without contaminating the gloves or the inner package.
  - Remove the inner package from the outer package.
  - Open the inner package or according to the manufacturer's directions. Some manufacturers provide a numbered sequence for opening the flaps and folded tabs to grasp for opening the flaps. If no tabs are provided, pluck the flap so that the fingers do not touch the inner surfaces.



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5. Put the first glove on the dominant hand.

- If the gloves are packaged so that they lie side by side
- grasp the glove for the dominant hand by its folded cuff edge (on the palmar side) with the thumb and first finger of the nondominant hand. Touch only the inside of the cuff.
- Or
- If the gloves are packaged one on top of the other, grasp the cuff of the top glove as above, using the opposite hand.
- Insert the dominant hand into the glove and pull the glove on. Keep the thumb of the inserted hand against the palm of the hand during insertion.
- Leave the cuff in place once the unsterile hand releases the glove.



6. Put the second glove on the nondominant hand.

- Pick up the other glove with the sterile gloved hand, inserting the gloved fingers under the cuff and holding the gloved thumb close to the gloved palm.
- Pull on the second glove carefully. Hold the thumb of the gloved first hand as far as possible from the palm.
- Adjust each glove so that it fits smoothly, and carefully pull the cuffs up by sliding the fingers under the cuffs.



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7. Remove and dispose of used gloves.

- There is no technique for removing sterile gloves that is different from removing unsterile gloves. If they are soiled with secretions, remove them by turning them inside out.
- Perform hand hygiene



8. Document that sterile technique was used in the performance of the procedure.

**PROCEDURE CHECKLIST**

**Chapter 20: Applying Sterile Gloves (Open Method)**

Check (✓) Yes or (✗) No

PROCEDURE STEPS	Yes	No	COMMENTS
1. Opens outer wrapper and places glove package on a clean dry surface.			
2. Opens inner package so that glove cuffs are nearest to the nurse.			
3. Fully opens the package flaps so they do not fold back over and contaminate the gloves.			
4. Takes care to not touch anything else on the sterile field, with nondominant hand grasps the inner surface of the glove for the dominant hand and lifts up and away from the table.			
5. Slides dominant hand into the glove, keeping hand and fingers above the waist and away from the body.			
6. Slides gloved fingers under the cuff of the glove for the nondominant hand.			
7. Lifts the glove up and away from the table and away from the body.			
8. Slides nondominant hand into the glove, avoiding contact with the gloved hand.			
9. Adjusts both gloves to fit the fingers and so that there is no excess at the fingertips.			
10. Keeps hands between shoulder and waist level.			