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## Beak Method for Removing (Doffing) Gloves

"Beak Method" Glove Removal Steps		
		
<b>STEP 1:</b> Using one gloved hand, pinch and pull the base of the other gloved hand.	<b>STEP 2:</b> Use the middle finger to scoop the cuff of the glove.	<b>STEP 3:</b> Pull the glove inside out over all the fingers and thumb to form a "beak."
		
<b>STEP 4:</b> With the beaked hand, pinch the opposite glove at the base and pull the cuff.	<b>STEP 5:</b> Roll the glove inside out and off the hand.	<b>STEP 6:</b> With the ungloved hand, use the index finger to pull the beaked glove off at the base of the beak and dispose into the appropriate waste container.  Always wash your hands after glove removal.

\*Accessed from Emory University.