

# Get the facts on wearing one-time-use gloves

As Public Health Inspectors, one of the ways we work to protect the health of Canadians is by ensuring that best practices to prevent the spread of viruses and bacteria that may cause food-borne illnesses are being followed at food establishments and grocery stores. These precautions can also be used to prevent the spread of COVID-19 in our communities. One of these best practices is the use of personal protective equipment (PPE) such as masks and one-time-use gloves when shopping.



## Personal protective equipment: one-time-use gloves

Gloves are an effective barrier that can help to prevent the transfer of germs between your hands and surfaces. The use of gloves is a temporary solution and should always be followed by washing your hands with soap and water.



## How to use gloves

### Putting on gloves

- ▶ Wash your hands with soap and water for at least twenty seconds, and dry them thoroughly before putting on the one-time-use gloves.
- ▶ Use gloves for activities such as grocery shopping.
- ▶ Remember not to touch your face when wearing gloves!

### Taking off gloves

When finished, remove the one-time-use gloves one by one by using the following removal procedure known as “doffing”:



Grasp the outside edge of the glove near the wrist and peel away from the hand, turning the glove inside out.



Hold the glove in the opposite gloved hand. Slide an ungloved finger or thumb under the wrist (or cuff) of the remaining glove, taking care to not contaminate your hand by contacting the outside of the glove.



Peel the glove off (inside out) and over the first glove, making a bag for both gloves.



Put the gloves in the garbage. Wash and dry your hands with soap and water for at least twenty seconds.



## Best practices for using gloves effectively

Gloves can give a false sense of security and pose the same risk of contamination as bare hands if used incorrectly, so it's important to follow appropriate precautions to keep yourself and others safe.

- ▶ Never wash your hands while wearing gloves.
- ▶ Make sure the gloves you're wearing are the right size—gloves that are too small will tear more easily.
- ▶ Change gloves frequently: It is recommended that you change gloves with the same frequency that you would wash your hands. This includes after using the washroom, when they're visibly soiled, before and after eating or smoking, after sneezing or coughing, and at least every four hours.
- ▶ Avoid touching your face when wearing gloves.
- ▶ Avoid the use of latex gloves, especially for food service, as customers or other employees may have sensitivities to latex. In some cases, you may develop a sensitivity to latex if using latex gloves frequently.

## Myth-buster

### Can I use one pair of gloves and just wash them when finished?

Many gloves made for use as personal protective equipment are meant for one-time use only. Never reuse one-time-use gloves. Once you remove them, discard them and put on a new pair.

If used incorrectly, gloves can give a false sense of security and pose the same risk of contamination as bare hands, so it's important to follow appropriate precautions to keep yourself and others safe.

*And remember: gloves are not mandatory; your skin is your best barrier!*

## About us

The Canadian Institute of Public Health Inspectors (CIPHI) is a national professional association representing environmental health professionals working as Public Health Inspectors, Environmental Health Officers, Community Care Licensing Officers, infection control personnel, and consultants. Through our work with provincial and regional health authorities, health counties, tribal councils, and provincial and federal governments and ministries, environmental public health professionals play a vital role in protecting the health of all Canadians.

**Looking for more best practices on how to protect yourself and prevent the spread of COVID-19?**

See our website at [www.ciphi.ca/covid](http://www.ciphi.ca/covid).