All postal workers should wear reusable gloves while handling mail to prevent the spread of COVID-19 to the worker. Safe removal of gloves is crucial in keeping yourself, your coworkers, and the public safe during the pandemic.

SAFELY REMOVE YOUR DISPOSABLE GLOVES

1. Pinch and hold the outside of the glove near the wrist area.
2. Peel downwards, away from the wrist, turning the glove inside-out.
3. Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.
4. Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.
5. Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.
6. Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.

Always Remember

Clean to Clean
A clean bare hand touches only clean areas inside the other glove

Dirty to Dirty
Contaminated surfaces only touch other contaminated surfaces

Do not touch your face or adjust PPE with contaminated gloves
Do not touch the outer surface of the glove

Dispose of used gloves appropriately, in accordance with your company's policy

Mark Dimondstein, President
Vance Zimmerman, Industrial Relations Director

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