

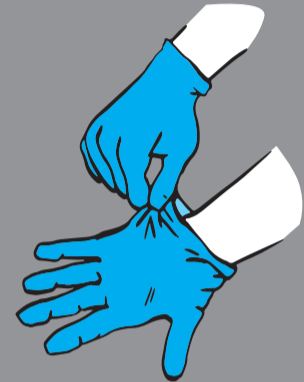
# GLOVES ARE USEFUL

## PLEASE USE THEM CORRECTLY

1. Use the correct size disposable glove. If gloves are too small, they can tear, while gloves that are too big can fall off easily.
2. Wash and sanitise your hands before putting on a clean pair of disposable gloves.
3. Change your gloves at appropriate times, for example:
  - If they tear or become damaged
  - Before beginning a new task
  - Every four hours doing the same task
  - After handling raw meat, fish or poultry
  - After touching money or payment cards
  - After touching your face, coughing or sneezing
  - After touching a dustbin or lid
  - After touching a phone
  - If they become wet and sweaty inside

**Disposable gloves should be removed correctly:**

**1**



**Grasp the outside of one glove at the wrist. Do not touch your bare skin.**

**2**



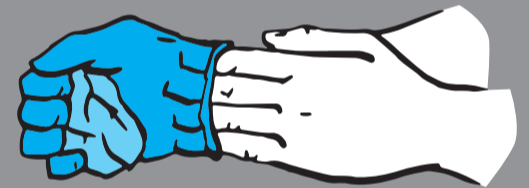
**Peel the glove away from your body, pulling it inside out.**

**3**



**Hold the glove you just removed in your gloved hand.**

**4**



**Peel off the second glove by putting your fingers inside the glove at the top of your wrist.**

**5**



**Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.**

**6**



**Dispose of the gloves safely. Do not reuse the gloves.**

**7**



**Clean your hands immediately after removing gloves.**

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PEOPLE, TO UPLIFT SOCIETY**

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