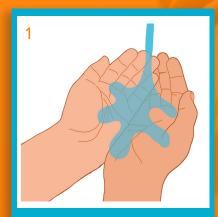
A GUIDE TO GOWNING





Before donning gloves make sure to wash and/or disinfect your hands in order to prevent unnecessary contamination.



Sterile gloves are hand specific.

Begin with the glove for your non-dominant hand by gripping the bottom of the folded cuff to remove from the packaging.



Gently roll down the cuff with your thumb and index finger. Avoid touching the inside of the cuff with your bare hand and, for now, leave it half rolled down.



Lift the second glove up by hooking your index finger under the folded cuff of the glove. Place the glove over your fingers.



Pull the glove down, making sure you avoid puncturing the gloves with fingernails by pulling down gloves with your knuckles.



Secure the cuff firmly over your sleeve creating a secure barrier from bodily contaminants. Make sure gloved fingertips do not touch your skin.



Now your dominant hand is gloved, pull the cuff of the first glove fully down over your sleeve to ensure minimal risk of contamination.



In higher stringent cleanrooms it may be necessary to wear two pairs of gloves, often called "double donning". However, this step depends on your ISO.