

**AG Specialty Services Inc.**

**Telephone: 844-535-4448**

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**Heroes Aren't Born—They're Trained Become a Hero™**



#### Putting on proper size Gloves

- **Make sure you are wearing the right size exam gloves, to do so you will want to measure your hands.**
- **Measure around the knuckles of your dominant hand (above the V of your thumb).**
- **If you find you have a measurement of 8 inches, you would wear a size 8 glove or perhaps an 8 ½ to be safe.**
- **Are you aware that it's essential to wear the right sized protective equipment in your medical setting?**
- **Exam gloves are worn daily by many medical professionals, it is especially important that these exam gloves fit.**
- **Hand protection is key during any routine patient exams, procedures and handling sick patients.**
- **It's very important for medical personnel to know the right size exam gloves to use at work.**
- **The first thing is you must decide which type of exam glove to use.**
- **Your choices can include natural rubber, latex, vinyl, nitrile, latex free gloves, etc.**
- **Once you have determined the type of exam glove you will use, proper sizing is crucial.**
- **Sizing is Important: If you have exam gloves that are too big, they can easily be pulled off or liquids can make its way inside the glove.**
- **Wearing the wrong size gloves can also be distracting to the wearer.**
- **Be aware that if you have exam gloves that are too tight, it can cause fatigue and decrease your dexterity.**
- **Make sure the pair of exam gloves that you are wearing are not (A) too loose, (B) too tight, make sure it is a good fit.**
- **You will find that many of the glove brands convert number sizes into XS, S, M, L and XL sizes.**
- **Please see the chart below for your recommended sizing conversions: \*The measurements are for guidance purposes only.**



Please consult your glove manufacturer for their recommended sizing.

<u>Sizes</u>	<u>XS</u>	<u>S</u>	<u>M</u>	<u>L</u>	<u>XL</u>
<u>Men's Measurements</u>	6" - 7"	7" - 8"	8" - 9"	9" - 10"	10" - 11"
<u>Women's Measurements</u>	6" - 6 ½"	6 ½" - 7"	7" - 7 ½"	7 ½" - 8"	8" - 8 ½"



- **Remember, the fit of your exam gloves can affect your job performance.**
- **It's important to wear the proper sized exam glove that fits your hand, proper glove sizing is key.**



- **Taking of gloves off safely (you might be doing it totally wrong)**
- **Grasp the outside of one of the gloves at the Articular Cartilage that is the fatty part under the thumb**
- **Do not touch your bare skin**
- **Pull the glove forward towards your fingertips and off**
- **Hold the glove you just removed in your gloved hand and crumple the glove in your hand without using your bare hand**
- **Slide your fingers in the glove hand and push it forward without touching the outside of the glove till it comes off and you have the first glove in the second glove inside out.**
- **Use shaving cream to practice.**
- **Rub the shaving cream all over your gloves and try to take off the gloves without contaminating yourself.**
- **Wearing the proper Personal Protective Equipment (PPE) (masks, gloves, gowns etc....) to protect yourself against coronavirus.**

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