



Glove Use Do's and Don'ts

July 2023



Do:

- Choose the appropriate type of gloves for each task
- Inspect gloves for damage or defects before use
- Wash your hands thoroughly before putting on gloves to minimize the risk of contamination
- Change gloves between tasks or when they become contaminated
- Dispose of gloves properly in designated waste containers
- Wear cryogenic gloves when working with any cryogens
- Pinch wrist of glove to remove to avoid touching your skin

Don't:

- Don't wear non-heat resistant gloves when working with hot surfaces or flames
- Don't wear gloves outside of the laboratory
- Don't touch your face, mouth, or eyes while wearing gloves
- Don't reuse disposable gloves
- Don't assume gloves offer complete protection. Gloves can fail, so follow other safety protocols and use additional protective equipment as needed
- Don't dispose of gloves in regular trash

(1) <https://ehs.princeton.edu/laboratory-research/laboratory-safety/ppe-the-lab/gloves>

(2) Kuespert, D. *Research Laboratory Safety* Walter de Gruyter GmbH & Co KG, 2016.