

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



With your un-gloved hand, slide your finger/s under the wrist of the remaining glove. **Do not touch** the outer surface of the glove.



5



Peel downwards, away from the wrist, turning the glove inside out.



6



Continue to pull the glove down and over the inside-out glove being held in your gloved hand.