

# Donning techniques for sterile surgical gloves

There are two self donning techniques: Open and Closed. You may have been taught variations of these, however the important aspect to consider is that the outer surface of the gloves must not be contaminated whilst donning. The following images are aimed to assist the novice in donning sterile surgical gloves. A video is also available on our website [www.professional.ansell.com.au](http://www.professional.ansell.com.au)

## Closed donning steps

**1** Peel open the corners. The inner pack is sterile. Gripping it through your gown, open it to display the gloves.



**2** With your gown covering your fingers, use your right hand to remove the left glove. Hold your left hand palm up, fingers straight. Lay the glove on your left wrist, and grip the cuff with your left thumb.

**3** Place your right thumb inside the top cuff edge. Make a fist with your right hand and stretch the glove over your left fingertips.

**4** Keeping your left fingers straight, pull down the glove until your hands fills the glove. Now with your right cuffed hand pull the left glove cuff over your gown sleeve. Do not worry about completing this until you have donned the right glove.



**5** Repeat the above procedure to don the other glove. That is: use your gloved left hand to lay the right glove on your right wrist.

**6** Slide your left thumb inside the top of the cuff, make a fist, and stretch the cuff over your right fingertips.

**7** Pull down the sleeve and glove together. Ensure you use all four fingers to pull on the glove cuff. Do not pull on the glove palm.

**8** Now with both hands covered you can attend to finer adjustment of both gloves without risk of contamination. To prevent glove/gown separation ensure the following:

- your gown sleeves are long enough not to restrict movement and drag the gown cuff up away from the glove;
- that there is gown cuff present down to the base of your palm - adequate grip area for the glove to grip the gown; and
- that you have no glove cuff folds at the end of the glove.

Caution: If using powdered gloves please note that all surface powder needs to be removed before use. It is clinically superior and more economical, to use powder free gloves. Please refer to 'Hazards of Glove Powder' Ansell Cares literature on the website.

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## Open donning steps



**1** Pick up both gloves by the inside cuffs and hold vertically together. Slide your left fingertips into the folded cuff of the left glove. Ensure the fingers remain over the sterile field.



**2** Slide your right hand into the right glove whilst maintaining cuff grip with your left hand.



**3** Pull on the folded glove cuffs until the right hand is in the glove. Do not worry about the right cuff at this stage.



**4** Place your gloved right fingers under the left glove cuff and slide your left hand into the glove.



**5** Now with all four fingers, pull up the left glove cuff over the gown cuff.



**6** With your gloved left hand place your left fingers under the right folded glove cuff.



**7** Pull with all four fingers on the glove cuff to cover the gown cuff. Now you can make your final glove adjustments.



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