Hi, my name is Pat Hogan. I direct the Center for Urban Ecology and Sustainability here at Suffolk University. So this department, which is part of the College of Arts and Sciences, contains the Environmental Science and Environment Studies programs. Prior to coming to Suffolk though, what I did for a living was environmental and chemical health and safety. So, I wanted to share with you something that we use a lot in the laboratories when we’re trying to prevent contamination. And right now, with COVID, we have a variety of means of protecting ourselves: PPE, personal protective equipment. So, for example, we have our facemasks. This is mine. It’s actually made for particulate matter (2.5 microns), but this is what I’ve got. And we’re also, many of us are using gloves when we’re either out shopping or when we’re cleaning things that we bring home. So, I wanted to explain to you that there is a correct method for removing contaminated gloves. You just don’t pull your gloves off any old way. There is a methodology that we use in the laboratory and also when we’re using -- collecting environmental samples -- and then want to remove our gloves. So, I’m not going to use plastic gloves today or disposable gloves today because I want you to see exactly what the process is. So, I’m going to be using two different colors of these little knit gloves. But this is the idea [laughter]. Imagine these are plastic gloves. So remember, the thing that you have to remember is that the reason why you’re wearing gloves is to keep your hands from becoming contaminated and keep other things from becoming contaminated. So remember, if you’re touching something that’s potentially contaminated, the last thing you want to do is touch your face -- that’s not good -- touch your eyes. You want to be cognizant that you’ve got gloves on and the reason why you’re wearing gloves is that there’s a potential for contamination. So, there’s a process here to minimize how much contaminated material you actually get exposed to taking off your gloves. The first thing that you do is, you don’t just take your gloves off, you actually wash your hands with your gloves on, so that helps get some the contaminants off. Don’t use your, you know, regular towel to dry your gloves because they might be slippery if you don’t dry them. Use a paper towel; throw it away. And this is how you take your gloves off. I tend to start with my dominant hand; I’m right-handed. And remembered, the outsides of the gloves are contaminated but your hands aren’t. So, what you do is you take your -- you take one side of your glove and you grab on the outside. You pinch the outside of the glove because you don’t want to touch the arm or your forearm. You don’t want to touch your wrist. You pinch it -- a little harder with knit gloves -- and you pull the glove off. So the glove actually turns inside out. So, now, this side of the glove was against your hand and it’s not contaminated.
03:20 Now, some people will grab that side with their hand; I was taught not to do that.
03:25 I tend to crumple it in my right hand.
03:28 So I just crumple it up.
03:30 So it's inside my fist, like this.

03:32 Now, the trick is how do you get this contaminated glove off?
03:37 Well, these, your hand is still uncontaminated, provided your, you know, glove hasn't leaked.
03:44 So, what you don't want to do is grab the outside like you did on the first glove.

03:48 This time, you want to take your fingers and scooch it under the inside of your glove.
00:03 So your fingers are in the uncontaminated side of this glove;
03:58 and then you pull [pulling sound] – you don't have to make that noise, by the way.
04:04 And you end up with this nice little baggie, which all this is uncontaminated.

04:10 This was against your wrist, so that should be uncontaminated.
04:13 And your other contaminated glove is inside here -- ta-da!
04:17 So this now, you can happily throw in the trash.
04:21 You don't have to worry about somebody picking up the trash, having it, you know,
04:26 any contamination, and you just drop it in the trash.
04:29 Ta-da! Are you done?
04:31 No, you're not done.
04:32 So, even after you've washed your hands with your gloves on, you've taken them off properly,
04:37 you still go to the sink and wash your hands again.
04:41 So, as you can tell, chemical health and safety professionals are a very hygienic group
04:46 because we're always washing our hands.
04:49 So, I just thought that this would be helpful to you,
04:52 so thinking about how you actually use PPE correctly.
04:58 Now, remember, if you're wearing gloves and the presumption is
05:01 that they're contaminated some way, you don't want to be grabbing doorknobs
05:05 or cabinets or rubbing your hands on things.
05:09 So, when you're done cleaning whatever it is you're cleaning,
05:12 take your gloves off the correct way and don't contaminate any surfaces.
05:17 So stay safe, wash your hands, social distance, and it was nice talking to you.
05:24 All right.
05:24 Bye.