

00:03 Hi, my name is Pat Hogan.  
00:04 I direct the Center for Urban Ecology and Sustainability here at Suffolk University.  
00:09 So this department, which is part of the College of Arts and Sciences,  
00:12 contains the Environmental Science and Environment Studies programs.  
00:16 Prior to coming to Suffolk though,  
00:18 what I did for a living was environmental and chemical health and safety.  
00:24 So, I wanted to share with you something that we use a lot in the laboratories  
00:30 when we're trying to prevent contamination.  
00:34 And right now, with COVID, we have a variety of means of protecting ourselves:  
00:40 PPE, personal protective equipment.  
00:43 So, for example, we have our facemasks.  
00:45 This is mine.  
00:46 It's actually made for particulate matter (2.5 microns), but this is what I've got.  
00:53 And we're also, many of us are using gloves when we're either out shopping  
01:00 or when we're cleaning things that we bring home.  
01:02 So, I wanted to explain to you that there is a correct method for removing contaminated gloves.  
01:09 So you just don't pull your gloves off any old way.  
01:14 There is a methodology that we use in the laboratory and also when we're using --  
01:18 collecting environmental samples --and then want to remove our gloves.  
01:23 So, I'm not going to use plastic gloves today or disposable gloves today because I want you  
01:30 to see exactly what the process is.  
01:33 So, I'm going to be using two different colors of these little knit gloves.  
01:40 But this is the idea [laughter].  
01:42 So imagine these are plastic gloves.  
01:45 So remember, the thing that you have to remember is that the reason why you're wearing gloves  
is  
01:49 to keep your hands from becoming contaminated  
01:52 and keep other things from becoming contaminated.  
01:55 So remember, if you're touching something that's potentially contaminated,  
02:00 the last thing you want to do is touch your face -- that's not good -- touch your eyes.  
02:04 You want to be cognizant that you've got gloves on and the reason why you're wearing gloves is  
02:09 that there's a potential for contamination.  
02:12 So, there's a process here to minimize how much contaminated material you actually get exposed  
02:20 to taking off your gloves.  
02:22 So, the first thing that you do is, you don't just take your gloves off,  
02:26 you actually wash your hands with your gloves on, so that helps get some the contaminants off.  
02:32 Don't use your, you know, regular towel to dry your gloves  
02:36 because they might be slippery if you don't dry them.  
02:39 Use a paper towel; throw it away.  
02:40 And this is how you take your gloves off.  
02:42 So, I tend to start with my dominant hand; I'm right-handed.  
02:47 And remembered, the outsides of the gloves are contaminated but your hands aren't.  
02:51 So, what you do is you take your -- you take one side of your glove and you grab on the outside.  
02:59 You pinch the outside of the glove because you don't want to touch the arm or your forearm;  
03:04 you don't want to touch your wrist.  
03:05 You pinch it -- a little harder with knit gloves -- and you pull the glove off.  
03:11 So the glove actually turns inside out.  
03:14 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;  
03:59 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.