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.