

## **Glove removal: The Beaking Method**

### **What is Beaking?**

This doffing procedure was developed by Sean Kaufman of Safer Behaviors over 10 years ago and is currently being used all over the world. This method was used at Emory Medical during the 2014 USA Ebola Outbreak. The beaking method was developed to prevent possible self-inoculation during the doffing procedure.

### **Beaking method vs. glove in glove method—the difference**

The glove in glove method is currently the most common method of doffing gloves. However, there are several instances during the doffing procedure that can leave workers exposed to possible chemical or biological material. Self-inoculation when doffing the gloves can occur. Your cuticles are potentially being exposed to the dirty gloves, and this is where small tears or broken skin are most likely to occur. The beaking method prevents this by covering your index finger with glove, to protect the potentially broken skin from exposure.

### **Training**

We recommend reviewing this Safety Bulletin with all lab personnel. Watch the video link at the end of this document.

Practice the beaking method several times. Although it is not difficult, it takes repetition to break a long-standing habit of removing gloves differently. Do not practice the beaking method while working with pathogens or other biohazardous material until glove removal is easily performed. If you're still having trouble learning this new doffing method, please contact EH&S for assistance.

## SAFETY BULLETIN

### Beaking method procedure

1. Using your non-dominant gloved hand, form an L shape.
2. With the other hand palm side up, pinch and pull the cuff of the other gloved hand.
3. Use the middle finger of your non-dominant hand to scoop the cuff of the glove.
  - a. Take care not to drag your gloved hand along the contaminated surface of the glove on your dominant hand.
4. Pull the glove inside out over all the fingers and thumb of your dominant hand to form a beak.
5. With the beaked hand, pinch the opposite glove at the cuff, pulling it up away from the palm.
6. Roll the glove inside out and off the hand.
  - a. While pulling off the glove, keep the hand palm side up and straight and avoid dragging your beaked hand along the contaminated glove.
7. Straighten out your beaked fingers and the glove will begin to roll off your hand.
8. With the ungloved hand, use the index finger to push the beaked glove off at the base of the beak and dispose into the appropriate waste container.
9. Wash your hands and wrists thoroughly after glove removal.

*\*See page 3 for an infographic of the beaking method.*

### Beaking method video

- [COVID-19: Proper Glove Removal - The "Beaking" Method](#)  
*In this video Sean Kaufman from Safer Behaviors shows how to properly remove gloves using the beaking method that he developed.*

### Contact:

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**SAFETY BULLETIN**

"Beak Method" Glove Removal Steps		
		
<p><b>STEP 1:</b> Using one gloved hand, pinch and pull the base of the other gloved hand.</p>	<p><b>STEP 2:</b> Use the middle finger to scoop the cuff of the glove.</p>	<p><b>STEP 3:</b> Pull the glove inside out over all the fingers and thumb to form a "beak."</p>
		
<p><b>STEP 4:</b> With the beaked hand, pinch the opposite glove at the base and pull the cuff.</p>	<p><b>STEP 5:</b> Roll the glove inside out and off the hand.</p>	<p><b>STEP 6:</b> With the ungloved hand, use the index finger to pull the beaked glove off at the base of the beak and dispose into the appropriate waste container.</p> <p>Always wash your hands after glove removal.</p>

*Infographic depicting the steps of the beaking glove removal method.*