

# Friockheim Park Community Volunteers

## ~ Safe Use Of Disposable Gloves & Masks ~

**Putting On Disposable Gloves;** Sanitize Your Hands & Take 1 Pair Of Gloves Out The Box. Using your opposite hand, pull the glove onto your fingers. Pull the cuff up towards your wrist to ensure gloves fit (repeat for other hand).

**Putting On A Disposable Mask;** Sanitize Your Hands & Take 1 Mask Out The Box, Put The Mask On - It Should Be Firmly Secured Around The Chin & It Should Be Handled Using The Elastic/Cloth Ties. Do not touch the mask while using it, The mask should be disposed of after it becomes moist/ damaged. Don't wear the same mask for more than 4 hours.

**Removing Disposable Gloves;** Pinch and hold the outside of one of the gloves near to your wrist area. Peel the glove downwards, away from your wrist, turning the glove inside out as you do so. With your un-gloved hand, slide your fingers under the wrist band of the remaining glove, taking care not to touch the outside of the glove. This will ensure that both gloves are inside out, with one glove enveloped inside the other. Dispose of the used gloves in general waste straight away. Sanitize Your Hands Immediately After Disposing Of Gloves.

**Removing A Disposable Mask;** Sanitize Your Hands Prior To Removing Mask, To remove the mask: remove it from behind (do not touch the front of the mask) Dispose of the used mask in general waste straight away, Followed By Sanitizing Your Hands.

**Please Remember FACTS For A Safer Scotland.**

**#WeAreScotland**



**FACE COVERINGS**



**AVOID CROWDS**



**CLEAN HANDS**



**TWO METRES**



**SELF-ISOLATE**