

HAND SIZE GUIDE

It is important to recognise that as a first layer of defense, disposable gloves are most effective when they fit well. If gloves are too tight, dexterity is limited and gloves could tear during use. If they are too loose, gloves can get in the way when doing tasks and do a poor job of keeping out potential pathogens.

Instructions: Cuff should hug the wrist to protect from Place your right hand against contaminants the red line as shown. Read your hand size at the widest Tight fit around point from the scale shown fingers leaves less room for snags below to determine your glove size. If palm is too tight it will restrict motion and strain muscles Surgical 5.5 - 9 **Glove Sizing** Examination XS - XL Glove Sizing

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