



“Beak Method” Glove Removal Technique

Nitrile gloves are the most commonly used gloves in research laboratories on campus. They are disposable and when properly used, gloves can help protect you from chemical and biological contamination. In addition to being properly used, gloves must be properly removed as well. Improperly removing gloves can potentially expose you to contamination on the outside of the glove. By following the “Beak Method” below, you will safely remove your gloves and significantly reduce the risk from potential exposure.

| “Beak Method” Glove Removal Steps | | |
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| STEP 1: Using one gloved hand, pinch and pull the base of the other gloved hand. | STEP 2: Use the middle finger to scoop the cuff of the glove. | STEP 3: Pull the glove inside out over all the fingers and thumb to form a “beak.” |
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| STEP 4: With the beaked hand, pinch the opposite glove at the base and pull the cuff. | STEP 5: Roll the glove inside out and off the hand. | STEP 6: 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. Always wash your hands after glove removal. |

A brief video demonstrating the “Beak Method” can be viewed at www.emoryhealthcare.org/ebola-protocol/ehc-message.html. Please register to view the video and read the disclaimer prior to using this technique.

Training

Most of EHSO’s Trainings are available online:

ehso.emory.edu.

Rad Safety Training

2nd Tuesdays at 10:00am (monthly).

Lab Safety Training

3rd Thursdays at 10:00am (monthly).

Chemical/ Radioactive Waste

[Full Schedule here...](#)

All **chemical** waste pick up should be requested by emailing

chemwaste@emory.edu.

All **radioactive** waste pick up should be requested via EHS Assist pick-up.

Chemical waste disposal inventory form and/or **radioactive** waste inventory form should accompany all waste containers at the time of pick-up.

PPE

Choice to be based on potential exposures involved:

Eye: Glasses, goggles & face shields.

Gloves: Appropriate for the type of procedure.

Clothing: Gowns, lab coats, aprons, coveralls.

Respirators: Appropriate for the type of procedure.

PROPER GLOVE USE REMINDERS

- Never reuse disposable gloves. Once you remove a glove, the integrity may become compromised with microscopic tears and holes.
- Be sure to change gloves immediately when contaminated or damaged.
- Always remove gloves before exiting the laboratory, especially before touching any door knobs, and entering common areas to prevent cross-contamination.
- Gloves must be disposed of in the biohazardous waste container.
- Ensure that the gloves you are using are compatible for the material you are working with. Be sure to check the Safety Data Sheet before working with chemicals for glove requirements. You can also access glove guides at ehso.emory.edu/resources/index.html.

EHSO'S NEW LAB VALIDATION AND SELF INSPECTION APPROACH

- Previously, Lab Self Inspections (LSIs) were due between January-March of each calendar year.
- EHSO has changed our inspection approach to a rolling time frame by department.
- Labs will be notified to complete their LSIs and submit their Corrective Action Plans (CAPs) based on our rolling timeline.
- To accommodate labs during the transition, we will be accepting CAPs according to the previous deadline (January-March 2015).
- If you have not already, please remember to complete your LSI and submit your CAP to lin-spec@emory.edu before we inspect your department.
- If we have already inspected your department but you have not submitted a CAP, please submit your CAP now.
- **Please remember to complete a LSI and submit a CAP for each lab space.**

STERICYCLE REMINDERS

- All sharps must be disposed of through Stericycle. Be sure that all sharps (Pasteur pipettes, needles, razor blades, etc.) go into the Sharps container.
- A lid and dolly combo for your Stericycle box is available for \$109.09 through Stericycle.
- Do you know how to properly pack biological waste for Stericycle disposal? A video is available at www.youtube.com/watch?v=e5sQMoX-X5w.

Please Read—

Signature indicates: I have read and I understand the information in this issue of Lab Rat Newsletter. Use an additional sheet of paper for more signatures, if needed and attach to this document.

- This newsletter is a tool to help fulfill a legal requirement for ongoing safety training.
- Supervisors are responsible for ensuring that individuals in their area have read and understood the information that applies to their area.
- The signed newsletter should be placed into the PI's EHSO Lab Safety Binder.

Signature Here

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Eye Wash Testing

Eyewash Stations should be tested and documented once a month by lab personnel

Certifications

Certifications required annually:
Biosafety Cabinets,
Geiger Meters and
Chemical Fume Hoods.

Fire Extinguishers

Visual fire extinguisher inspections conducted monthly:

- A.** Is it present and mounted in its proper location?
- B.** Is it readily accessible?
- C.** Initial and date attached tag.

If it appears to need servicing contact the Maintenance HELP line at 7-7463

Tell us how we are doing!

The newsletter has a new home. Every individual article is now hosted [online!](#)

Got something to share? [Tell us!](#) Post comments, related articles/links, and safety concerns.

Feel free to also send your comments to biosafe@emory.edu.

We look forward to reading your ideas and comments!

Building Liaisons

[Click here](#) to find your building's Radiation and Research liaisons.