

# Glove Use in Catering Services

## What gloves are used in catering?

Gloves used in catering are single use, disposable gloves. They are used during food sanitisation, meal preparation, plating and cleaning/disinfection and waste management. These include:

- Non-sterile - Catering shear blue gloves:
  - Nitrile – safest practice
  - combined vinyl / nitrile
  - Vinyl – less fit, can cause hands to sweat resulting in discomfort and skin conditions

Note:

Reusable utility gloves for cleaning use only – not food handling (decontaminated between uses, follow manufacturer's instructions for discard)

## Why are gloves worn?

Gloves are used to:

- Reduce the risk of spreading organisms between individuals, foods, equipment/utensils and the environment.
- To reduce the risk of contamination from Health Care Worker (HCW) non-intact skin.
- Reduce the risk of HCW exposure to hazardous substances and chemicals

## Facts about gloves and protection

- Gloves can carry and spread infectious organisms.
- Gloves must NOT be cleaned with alcohol-based hand rub – they are single use
- Gloves do not guarantee full protection due to potential microscopic defects or contamination during removal.
- Gloves are not a substitute for hand hygiene, in some situations hand hygiene is a better option.
- Hand hygiene must always be performed before putting on gloves and after taking them off.
- Gloves must be removed after each task or food type handling.
- Any cuts or abrasions present on hands should be covered with a blue occlusive dressing prior to donning gloves.

## When are gloves used in Catering

Gloves ARE indicated when performing the following tasks

Exposure type	Example
Direct food handling	<b>Choice: Blue nitrile, vinyl/ nitrile or vinyl:</b> Food handling: <ul style="list-style-type: none"><li>➤ When attending food sanitization (protect from chemical)</li></ul>

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	<ul style="list-style-type: none"> <li>➤ When attending ready-to-eat (RTE) food (any foods that are not going through a heating/cooking process to 75 degrees), i.e. cut up fruit, sandwiches, desserts, cakes, toast</li> <li>➤ When plating cooked food</li> </ul>
Indirect food handling	<p><b>Choice: Blue nitrile, vinyl/ nitrile or vinyl:</b></p> <p>Clearing and cleaning:</p> <ul style="list-style-type: none"> <li>➤ When dismantling used trays and contents</li> <li>➤ When attending waste</li> </ul> <p><b>Choice: Blue nitrile, vinyl/ nitrile, vinyl or reusable utility:</b></p> <p>Cleaning/disinfecting:</p> <ul style="list-style-type: none"> <li>➤ When washing and cleaning up</li> <li>➤ When cleaning/disinfecting the kitchen/pantries, dining areas, trolleys etc</li> <li>➤ When attending catering spill cleaning</li> <li>➤ When managing chemicals</li> </ul>

## When gloves are not used in Catering

Gloves are NOT indicated when performing the following tasks:

Exposure type	Example
Direct food handling	<ul style="list-style-type: none"> <li>➤ When utensils can be used to handle foods – not during plating hot food</li> </ul>
Indirect	<ul style="list-style-type: none"> <li>➤ When delivering meals to residents/individuals (not plating)</li> <li>➤ When assisting with feeding</li> <li>➤ When preparing, distributing or collecting meal trays</li> <li>➤ When setting tables</li> <li>➤ When putting items away or tidying</li> <li>➤ During food transport on trolleys/Bayer Maree</li> </ul>

## When to change Gloves in Catering

- If they become contaminated
- When switching between raw and ready-to-eat food
- When changing catering tasks (i.e. plating to attending to dishwasher)
- After handling waste
- Between sweeping, mopping and cleaning/disinfecting differing areas

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- If gloves are damaged
- When hands become sweaty, to reduce the risk of dermatitis

## **Overuse of gloves can:**





- Increase HCW skin irritation or dermatitis
- Waste resources and raise costs
- Work against sustainability measures
- Result in missed hand hygiene opportunities

## **Hand hygiene is required:**

- Hand washing is the first line precaution in catering; ongoing hand hygiene is essential in every aspect of food handling
- Hand hygiene must be performed before putting on gloves and after removing gloves

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Glove Example:

	<b>Nitrile gloves</b>
	<b>Vinyl/Nitrile catering gloves</b>
	<b>Vinyl catering gloves</b>
	<b>Reusable utility gloves (cleaning/disinfection only)</b>

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## Technique for donning and removing non-sterile examination gloves

When the hand hygiene indication occurs before a contact requiring glove use, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water.

### I. HOW TO DON GLOVES:



1. Take out a glove from its original box



2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist



5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand

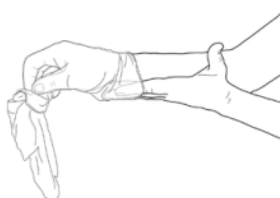


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

### II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water

WHO. (n.d). Glove Use Information Leaflet. [https://cdn.who.int/media/docs/default-source/integrated-health-services-\(ihs\)/infection-prevention-and-control/hand-hygiene/tools/glove-use-information-leaflet.pdf?sfvrsn=13670aa\\_10](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/hand-hygiene/tools/glove-use-information-leaflet.pdf?sfvrsn=13670aa_10)

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## References

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