



Proper Glove Usage **in Restaurants**

Protect Food. Protect Guests. Prevent Cross-Contamination.

Disposable gloves are an important food safety tool—but only when they are used correctly. Improper glove use can spread bacteria and viruses just as easily as bare hands. According to the FDA Food Code, employees handling ready-to-eat foods must use gloves, utensils, deli tissue, tongs, or another approved barrier instead of bare hands.

Following proper glove practices helps reduce the risk of foodborne illness and supports compliance with food safety regulations.



Key Glove Safety Rules

WASH HANDS BEFORE PUTTING ON GLOVES

Gloves are not a substitute for handwashing.

- + Wash hands with soap and warm water for at least 20 seconds before putting on gloves.
- + Dry hands thoroughly before donning gloves.

USE DISPOSABLE GLOVES ONLY ONCE

Disposable gloves are designed for single use only.

- + Never wash or reuse disposable gloves.
- + Discard gloves immediately after completing each task.

CHANGE GLOVES FREQUENTLY

Replace gloves anytime they may have become contaminated. Always change gloves:

- + After handling raw meat, poultry, seafood, or eggs.
- + Before handling ready-to-eat foods.
- + After touching your face, hair, clothing, or body.
- + After using a phone, tablet, cash register, or other frequently touched surfaces.
- + After handling trash, chemicals, dirty dishes, or cleaning cloths.
- + After using the restroom.
- + When gloves become torn, damaged, or visibly soiled.
- + Before and after handling cash.

WEAR THE CORRECT SIZE

Properly fitting gloves improve both safety and comfort.

- + Gloves should fit snugly without restricting movement.
- + Gloves that are too loose can reduce dexterity and increase the risk of contamination.
- + Gloves that are too tight are more likely to tear during use.

PREVENT CROSS-CONTAMINATION

Use a new pair of gloves for each separate task.

- + Never use the same gloves for raw foods and ready-to-eat foods.
- + Change gloves whenever switching between food preparation tasks.
- + Remember that anything touched with contaminated gloves becomes contaminated.



Common Glove Mistakes to Avoid

Avoid these common food safety violations:

- + Wearing the same gloves for extended periods.
- + Touching cash registers, phones, menus, door handles, or other high-touch surfaces while wearing food-preparation gloves.
- + Putting on new gloves without washing hands first.
- + Believing gloves eliminate the need for good personal hygiene and handwashing.

Best Practice

Follow this simple sequence every time:



This routine significantly reduces the risk of cross-contamination and foodborne illness.

Key Takeaway

Disposable gloves are an effective food safety barrier only when used correctly. Consistent handwashing, changing gloves between tasks, and preventing cross-contamination help protect guests, reduce food safety risks, and keep your operation compliant with health code requirements.

RISK CONTROL TIP

Gloves are only as clean as the hands inside them. Employees who fail to wash their hands before putting on gloves can transfer bacteria directly to the gloves, and ultimately to the food they prepare.

Proper handwashing, frequent glove changes, and task-specific glove use are the keys to maintaining a safe food preparation environment.



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