

Gardening Gloves

Choose the Glove That Fits

Info Sheet



Gardening can be rough if you are not properly protected. Investing in one or more pairs of gloves will protect your hands from blisters, thorns and cuts while tending to your garden. Use these tips to choose the right gloves for the task at hand.

Choosing the Right Glove

From light to heavy weight, the variety of gardening gloves is vast.

-  Cotton and cotton-polyester gloves are an all-purpose glove for light gardening chores.
-  Leather gloves are also all-purpose but are recommended for pruning and bush removal. Look for quality leather with a cloth back; this will let the gloves breathe and keep your hands cool, dry and comfortable.
-  Chemical-resistant gloves should be used when spraying pesticides, herbicides, acids, oils or other chemicals. Look for gloves made of neoprene for the best protection.
-  Grip-enhancing gloves provide extra gripping power, such as those with rubber dots. These can be used for raking and digging.
-  Light cotton or fingerless gloves may be useful for transplanting seedlings. They will allow more dexterity and help prevent small roots from being crushed.
-  Nitrile-coated gloves are puncture- and chemical-resistant. They offer a natural feel and touch.



For more information, contact your local Cooperative Extension Service or visit www.uaex.edu

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The Perfect Fit

Remember to get the gloves that fit your hands the best. The right size is important. You don't want the gloves to be too tight, constricting your movement. You also don't want the gloves too big, or you will not be able to grip tools properly and dirt will fall inside, irritating your performance.

To determine the best fit possible:

-  Try the gloves on both hands
-  Make a fist
-  Imitate movements you make when gardening



If there is no pinching or slipping, you have found your match.

Keep it Clean

In order to extend the life of your gloves and keep up their effectiveness, it's important to keep your gloves clean. When shopping, look for gloves that are easy to clean. Read the label to see if gloves are fast-drying and can be hosed off when you are finished using them.

Hang wet gloves to dry.



REMEMBER!

Don't forget to protect yourself from the sun. Wear wide-brim hats, light-weight long-sleeved shirts, and sunscreen with an SPF of 15 or higher!