

How to care for a person's eyes

Report any problems with the eyes to your manager/supervisor.

1

You need:

- Cotton pads **OR** washcloth
- Water
- Rubbish bag
- Towel
- Gloves
- Step-by-step guide
- Hand sanitiser

2

Clean your hands and put on gloves

3

Wet a cotton pad or washcloth with clean water

4

Wipe gently from the inside to the outside of the eye

5

Repeat until eyes are clean

Use a clean pad or washcloth for each wipe

6

Place used cotton pads in rubbish bag

7

Remove gloves and clean your hands


How to care for a person's nose

Report any problems with the nose to your manager/supervisor.

1

You need:

- Washcloth
- Cotton tips
- Water
- Rubbish bag
- Gloves
- Towel
- Hand sanitiser
- Step-by-step guide



2



Clean your hands and put on gloves

3

Wet washcloth and squeeze out excess water



4

Wipe gently around the entrance to the nose with washcloth



5

If there is dry mucous around the nostril, a wet cotton tip can be used to remove it

★ Don't push cotton tip too far up the nose



6

Place used cotton tips in rubbish bag



7



Remove gloves and clean your hands