


How to wash a person

- ★ This is a two-person task.
- ★ Keep the person as covered as possible.
- ★ As you wash the person, check their skin.

 **Report any problems with the skin to your manager/supervisor.**

1

You need:

- Towels x 2
- Gloves (3 pairs)
- Washcloths x 3
- Step-by-step guide
- Comb/brush
- Moisturiser
- Gentle soap/body wash
- Rubbish bag
- Disposable wipes
- Dry shampoo/powder /shampoo cap
- Hand sanitiser
- Clean warm water
- * Clean clothes



Clean your hands and put on gloves

2

Wash, rinse and dry the face, ears and neck



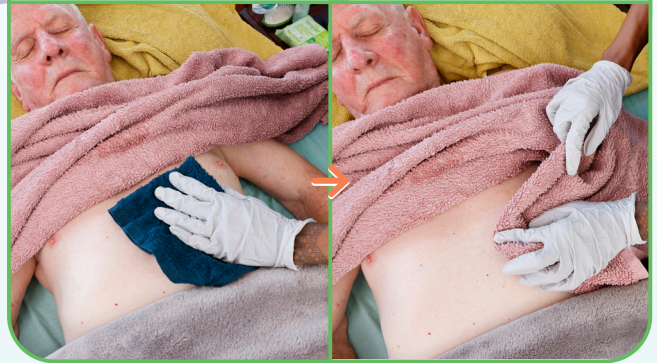
3

Wash, rinse and dry arms, armpits and hands



4

Wash, rinse and dry chest and abdomen



5

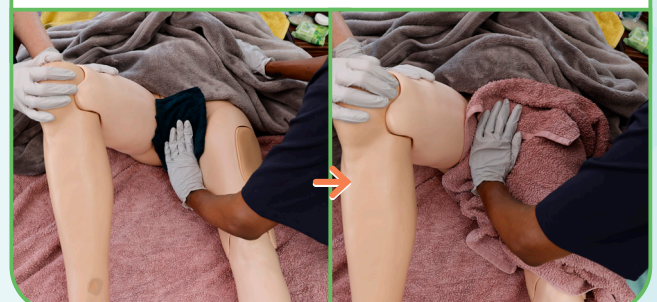
Wash, rinse and dry legs and feet



6

Lift one leg and wash, rinse and dry groin and pubic area, then gently lower leg

- ★ Wipe from front to back
- ★ Use disposable wipes first if needed to clean up any mess



7

Lift and bend the leg and roll person onto their side



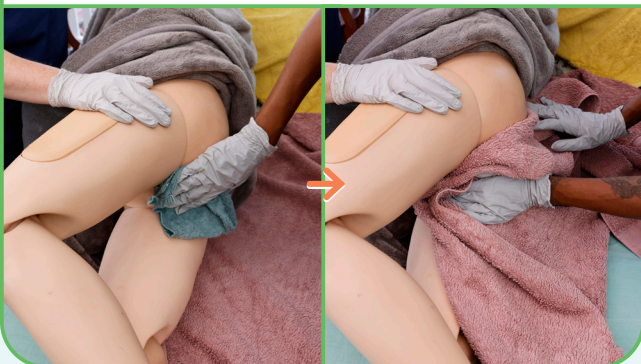
8

Wash, rinse and dry back



9

Wash, rinse and dry bottom



10

Apply moisturiser to body as needed



11

Dress the person and put them in a comfortable position



12

Clean and comb hair



Clean your hands



Remove gloves and clean your hands