

How to wash a person

1

You need:

- Bowl of warm water
- Washcloths x 3
- Towels x 2
- Gentle soap/body wash
- Comb/brush
- Dry shampoo/powder/shampoo cap
- Moisturiser



2

Wash, rinse and dry the face, ears and neck



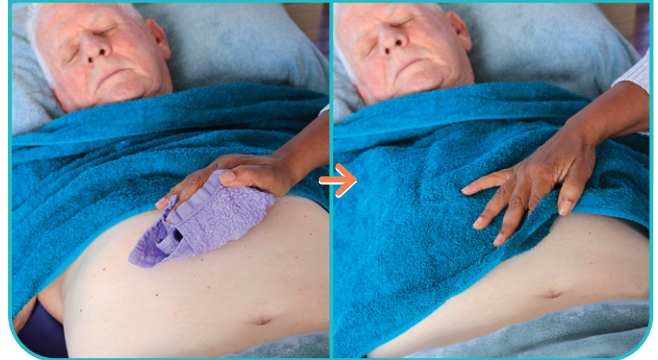
3

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

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



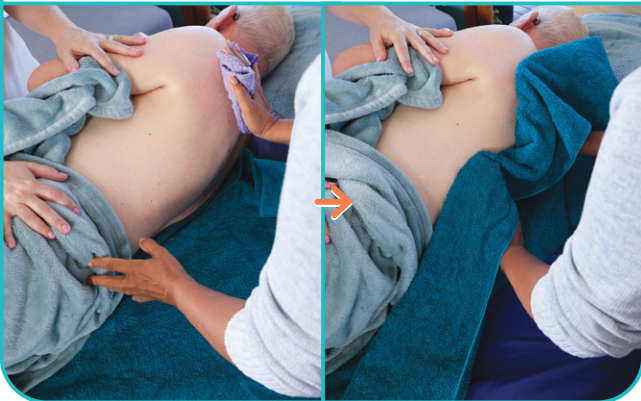
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Lift and bend the leg and roll person onto their side



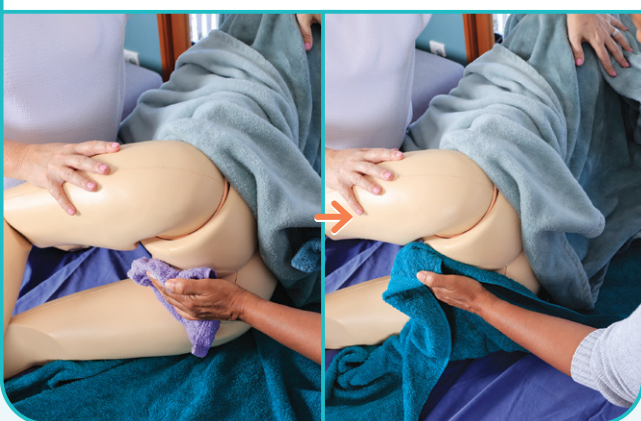
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Wash, rinse and dry back



9

Wash, rinse and dry bottom



10

Apply moisturiser to body as needed



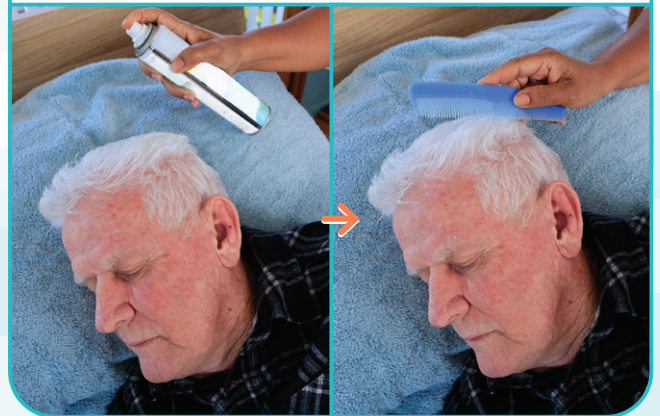
11

Dress the person and put them in a comfortable position



12

Clean and comb hair



If you need help

Service name:

T: