

Bathing Someone

- Follow infection control procedures
- Wear appropriate protective equipment
- Ensure the client's privacy and dignity

- Make sure the room is warm
- Toilet them before bathing, if necessary - check first!
- Make sure clothing is ready for after their bath
- Make sure their toiletries are ready for their bath - use only their toiletries!
- Run the water, check it is a safe temperature before the person enters the bath - you should not rely totally on a thermostatic control in case it fails
- Fill the bath to the level agreed in the care plan
- Encourage and/or help them to undress using appropriate methods, covering them to maintain their dignity
- Help them into the bath, safely, using aids etc. as per the care plan
- Whether the person is left alone or not is recorded in the care plan, you must follow this
- Encourage and/or help the person wash using the correct sequence:
 - hair (cover their eyes with their flannel)
 - face, ears etc.
 - upper body, including arms and hands
 - upper legs, lower legs, feet
 - buttocks, genital and anal areas
- Ensure all soap etc. is rinsed from the person's body
- Help them out of the bath, safely, using aids etc. as per the care plan, covering them to maintain their dignity
- Encourage and/or help them dry thoroughly using a clean linen towel following the same sequence as for washing them - top down
- Encourage and/or help them dress using the appropriate methods and aids
- Transfer them, appropriately, to their chair, bed etc.

- Pay attention, are there any signs of skin, nail, hair etc. damage?
- Antiseptic cleansing solutions may be considered where MRSA is a concern