

Bathing Someone In Bed

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

- Make sure the room is warm
- Toilet them before the bath, if necessary - check first!
- Ensure the bed height keeps your spine in its natural "S" shape
- Make sure they are comfortable
- Encourage and/or help them undress using appropriate methods
- Place a waterproof sheet underneath them
- Remove the upper bedding, and cover them with a large linen bath towel
- Wash their face, ears etc. first using the correct methods and dry them
- Wash their neck, arms, chest, tummy areas using the correct methods and dry them
- Change the water, keep it warm
- Wash their upper legs, lower legs, feet using the correct methods and dry them
- Change the water, keep it warm
- Wash their back and dry it
- Wash their buttock and genitals using correct methods and dry them
- Change the water, keep it warm
- Clean finger and toe nails using the correct methods and, where necessary, apply moisturising cream
- Clean and brush their hair, using correct methods
- If incontinence aids need to be used, now is the time to replace them with new
- Remove the waterproof sheet and ensure their under sheet is clean, dry and smooth - replacing if necessary
- Ensure their pillow is dry and smooth
- Replace their upper sheet with clean bedding

- Pay attention, are there any signs of skin, nail, hair etc. damage?
- Make sure water stays warm and clean, check at each stage