

## Showering 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 the shower, if necessary - check first!
- Run the water, check it is a safe temperature before the person enters the shower
- Help them get comfortable on an appropriate shower chair
- Wash the hair, then the face using the correct methods
- If the hair is not being washed, use a shower cap before the person enters the shower
- Wash the upper half of the body, including the arms using correct methods
- Wash the lower half of the body and then the feet
- Wash the buttocks, genital and anal areas using the correct methods
- Ensure all soap etc. is rinsed from the person's body and then turn off the water
- Dry them thoroughly using a clean linen towel following the same sequence as for washing them - top down
- Transfer them, appropriately, to their bed, chair etc.
  
- Pay attention, are there any signs of skin, nail, hair etc. damage?

