

Washing Someone's Hair

- Follow infection control procedures
- Wear appropriate protective equipment
- Follow CoSHH guidelines

- Have the person sit in a suitable chair or appropriately positioned in bed
- If you are using a sink:
 - make sure the back of the chair is against the sink
 - pad the rim of the sink to make their neck comfortable
 - make sure the chair can not slip
- Cover their clothes with a suitable waterproof covering
- Cover their bed, pillow etc. with a suitable waterproof covering
- If necessary, will their eyes need covering to protect them from the shampoo etc.?
- Wet the hair thoroughly with warm water, do not let the head get cold
- Put a little shampoo in the palm of your hand and then gently massage it into the client's hair and scalp - many clients find this soothing if done properly
- Check - is the client comfortable?
- Rinse the hair thoroughly with warm water
- If they use conditioner, apply it now as you would the shampoo
- Take the bulk of the water out of the hair with a suitable towel
- Then, with a hairdryer, on a suitable setting so as not to burn the client, thoroughly dry their hair - do not let them get cold
- Apply any gel, mousse, spray etc. that they like and help them arrange their hair in the way they like it best
- Dispose of any waste products, linen etc. according to relevant procedures

