

## How to Give A Bed Bath

Be sure to wash your own hands before and after giving a bath. Tell the person you will be bathing them and ask for as much help as possible. After each step, tell the person what you are going to do next.

1. Make sure the room is warm and comfortable.
2. Gather supplies, such as gloves, mild soap, washcloth, wash basin, lotion, comb, razor, shampoo, and clean clothes.
3. Use good body mechanics. Keep your feet separated, stand firmly, bend your knees, and keep your back in a neutral position.
4. Offer the bedpan or urinal before beginning to give the bath.
5. If possible, raise the bed to a level that is comfortable.
6. Have the person lie as flat as possible.
7. Test the water temperature in the basin with your hand.
8. Remove clothing and the blanket. Cover the person with a towel or light blanket. Keep the person covered during the bed bath, uncovering only one area at a time while washing.
9. Have one washcloth for soap, one for rinsing, and a dry cloth. Have the washcloth very damp, but not dripping.
10. Very gently wash the face. Pat dry.
11. Wash the front of then neck. Pat dry.
12. Wash the chest, and for females, under the breasts. Pat dry.
13. Was the abdomen and upper thighs. Pat dry.
14. Clean the navel with a little lotion on a cotton swab.
15. Wash upward from the wrist to upper arm. Pat dry.
16. Wash the hands and between the fingers. Check the nails. Pat dry.
17. Place the towel under the buttocks and legs.
18. Flex the knees.
19. Wash the legs. Pat dry.
20. Wash the feet and between the toes and dry well. Use lotion on dry feet/ Do not put lotion between toes. This area must be kept dry and clean to prevent fungal infection.
21. Was the pubic area. If possible, allow the person to wash their own genitals.
22. If a mal is uncircumcised, retract the foreskin, rinse, dry and bring the foreskin down over the head of the penis again. For the female, wash the genitals thoroughly by spreading the external folds. (This must be done at least daily)
23. Pat the genitals dry.
24. Change the bath water.
25. Roll the person away from you and tuck a towel under them.
26. Wash the back from the neck to the buttocks.
27. Rinse and dry well.
28. Give a back rub with lotion to enhance circulations.
29. Dress the person and change the bed linens.