

Step-by-Step: Washing an Adult's Hair

Washing an Adult's Hair.

Begin by gathering your supplies: a large basin, several washcloths and towels, a water-resistant pad, a bath sheet or extra-large towel, mild shampoo, a shampoo tray, a comb or brush, and a pitcher of warm water.

Wash your hands with soap and water for at least 20 seconds.

Cover the person with the bath sheet for privacy and warmth. Remove their pillow so that they are lying flat on the bed.

Help the person undress from the waist up and wrap a towel around their shoulders.
Place the water-resistant pad under their head and shoulders.

Lift the person's head into the shampoo tray. A rolled towel may be placed under their neck for support.

Place the basin next to the bed, positioned beneath the drainage spout of the shampoo tray.

Cover the person's eyes with a washcloth to protect them from any dripping soap or water.

Wet the hair with warm water. Start at the hairline and avoid the eyes and ears.

Gently massage and lather the shampoo into the hair.

Rinse the hair thoroughly with warm water. If desired, apply conditioner and rinse again.

Remove the shampoo tray and basin. Then wrap the person's hair in a towel.

Dry the skin thoroughly. Remove any damp towels or bed sheets and the water-resistant pad.

Help the person to redress and cover them with clean, dry bed sheets. Then comb out and style their hair.