

*The Prestige* Laundry Service  
*Jenn 645 77 14 63*



## LAUNDRY PROCESSING SUPPORT DOCUMENT

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TO AID THE FIGHT AGAINST COVID-19

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## Introduction

The purpose of this document is to offer practical advice on the recommended methods of linen handling and processing in the fight against COVID-19. It also offers guidance on hand washing and cleaning tasks

## Purpose

These guidelines will help to keep you safer in your home and working environment

## Responsibility

The philosophy of this manual is to encourage individual responsibility. We need to adopt a more rigorous approach to our laundry and housekeeping practices whilst trying to avoid catching COVID-19

## LAUNDRY PROCESSING

### SORTING SOILED LINENS

#### Always wear PPE (Personal Protective Clothing)

- Put on vinyl powder free gloves when handling any soiled linen
- Wear a plastic apron or tabard if possible
- Use the best available linen handling system such as laundry carts
- Do not put dirty laundry on the floors
- If possible, sort each wash load in a closed laundry basket or laundry bag
- Do not leave soiled linen for more than 12 hours
- Sort into wash categories shown on the wash chart below
- Do not mix towels with poly cottons
  - 100% cotton fabrics absorb water quickly
  - Poly cotton does not so this causes an uneven distribution of water in the drum which leads to poor wash result
  - Poly cotton items will “bobble”. Cotton bits will cling to man-made fabrics.
  - Do not mix kitchen items with bedding or clothing.

### LOADING

- It is important to load the washing machine correctly
- Do not over- load or under-load the drum. If you do.....
  - This causes poor wash results

- Damage to bearings
- Waste of chemicals, water and heating
- If there is not enough washing to load the machine do not turn the washing machine on until there is. Run your hand over the top of the load inside the drum. If you can do this, you have loaded correctly.

### **PROGRAMME SELECTION**

- Refer to the wash chart for guidance
- Select the correct wash programme
- Wash at the recommended temperatures
- Do not select low temperatures on badly stained bedding and nightwear and underwear
- When you are confident that you have selected the correct temperature and added the right amount of detergent and or destaining powder and fabric conditioner.....
- Start the washing machine
- Let the programme run without interruption
- Do not reduce the number of rinses

**Please note: When washing infected or badly soiled items  
Always wear PPE (Personal Protective Clothing)  
Take care when stripping beds. Do not shake the sheets. The Corona Virus is air born**

Many manufacturers recommend low temperature to prevent fabric damage. However, when there is a risk of cross contamination, then following the wash chart temperature guidelines.

In all events, wash bedding at a minimum of 60 degrees centigrade. Your health is more important than your fabrics.

The chart below is a guide to best practice laundering

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CATEGORY	DETERGENT	DESTAINING POWDER	CYCLES	SOFTENER LAST RINSE	TEMP
Infected - Badly Soiled	Yes	Yes	Pre + Main Wash	Yes	60 <sup>0C</sup>
White 100% Cotton Bedding	Yes	Yes	Main	No	60 <sup>0C</sup>
Polycotton Bedding	Yes	No	Main	Yes	60 <sup>0C</sup>
Nightwear and Underwear	Yes	No	Main	Yes	60 <sup>0C</sup>
White Towels	Yes	Yes	Main	Yes	60 <sup>0C</sup>
Coloured Towels	Yes	No	Main	Yes	40 <sup>0C</sup>
Light Coloured Clothing	Yes	No	Main	Yes	40 <sup>0C</sup>
Dark Coloured Clothing	No	No	Main	Yes	40 <sup>0C</sup>
Woolens	No	No	Main	Yes	30 <sup>0C</sup>
Delicates	No	No	Main	Yes	40 <sup>0C</sup>
Kitchen Cloths	Yes	Yes	Pre + Main Wash	No	90 <sup>0C</sup>
Mop Heads	Yes	Yes	Pre + Main Wash	No	90 <sup>0C</sup>
Duvets and Pillows	Yes	Yes	Main	No	60 <sup>0C</sup>

**Use a good quality liquid detergent, destaining powder and fabric softener  
 Follow the manufacturers dosing levels according to the water conditions**

## Hand Hygiene

Keeping hands clean is very important at this critical time. It helps to prevent germs spreading amongst the population.

Ask yourself three questions:

- When?
- What with?
- How?

### When should I wash my hands?

Washing hands before and after work is not enough, so how should you decide when to clean your hands? To help, there is an approach to hand hygiene called the “Five Moments”. This approach was developed by the World Health Organisation and is used by the national *cleanyourhands* campaign and helps everyone working in healthcare to decide when it is necessary to clean their hands.

### What should I use to clean my hands and how should I use it?

Once you have decided when to clean your hands, you need to know what you should use and how to clean your hands correctly.

There are two things you can use to clean your hands: -

1. You can wash your hands with soap and water.
2. You can use an alcohol hand scrub.

Both are acceptable ways to clean your hands. It is important to make sure your hands are cleaned well. See the technique diagram below on how to do this.

Although alcohol hand scrub is a quick and easy way to clean your hands, especially when a sink is not easily accessible, there are some occasions when you must wash your hands with soap and water.

**Always wash your hands with soap and water when: -**

- **Hands are visibly soiled.** This is because alcohol hand scrub kills germs on clean hands but because it is not soap it cannot dissolve grease or oil. If the hands are soiled, they need to be washed.
- **Hands in contact with body fluids.** This is because the mechanical action of washing is important in removing any body fluid material that may be on the hands.
- **Cleaning in an area where a resident has diarrhoea and or vomiting.** This is because alcohol hand scrub does not kill some of the germs that cause diarrhoea and vomiting.
- **Dealing with Viruses.** Use soap and water and follow the hand washing technique below.

## HAND CLEANING TECHNIQUES

### How to handrub? WITH ALCOHOL HANDRUB

Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces

Rub hands palm to palm

Rub back of each hand with the palm of other hand with fingers interlaced

Rub palm to palm with fingers interlaced

Rub with backs of fingers to opposing palms with fingers interlocked

Rub each thumb clasped in opposite hand using rotational movement

Rub tips of fingers in opposite palm in a circular motion

Rub each wrist with opposite hand

Once dry, your hands are safe

20-30 sec

### How to handwash? WITH SOAP AND WATER

Wet hands with water

Apply enough soap to cover all hand surfaces

Rinse hands with water

Use elbow to turn off tap

Dry thoroughly with a single-use towel

Your hands are now safe

40-50 sec

Adapted from WHO World Alliance for Patient Safety 2006



Remember that gloves can move germs around just as well as hands. Wearing gloves does not replace the need for hand hygiene. Always wash and dry your gloves before disposing of them. This will protect your hands further.

Whilst we are fighting COVID-19 it is advisable to use disposable cleaning cloths. Use once and then dispose. This helps prevent cross contamination.

### Daily Cleaning tasks during the Corona Virus Outbreak

Tasks	Chemical
Wipe down all surfaces	Cleaner Sanitiser or bleach-based chemical
Sinks	Cleaner Sanitiser or bleach-based chemical
Top, front and sides of washing machines	Cleaner Sanitiser or bleach-based chemical
Sweep floor	
Mop floor	Concentrated Degreaser
Empty waste bin and wipe out	Cleaner Sanitiser or bleach-based chemical



