

# Personal Appearance and Hygiene



**Learning Inventory of Skills Training**

**Created by CRMHC OT staff and students**

# Basic

## Must know 3 out of 4

### 1. Understands importance of showering/bathing regularly

#### How Often Should You Shower?

Bathing on a regular basis is very important for several reasons. It can help prevent disease and will also promote good hygiene. People who don't take a full shower should still cleanse certain areas such as their faces, feet, underarms and genitals. Nonetheless, maintaining overall cleanliness and good personal hygiene is important for maintaining a sense of self-confidence.

- Showering every 2-3 days is appropriate; this might differ depending on culture and ethnicity.
- You should shower more often depending on a few factors such as if you use public places that are filled with bacteria (like the subway or buses), have a job that is physically demanding, are in contact with potentially sick people (such as those coughing, sneezing or sniffing during the flu season), or exercise regularly.
- Strong personal hygiene reflects high self-regard, a person is more likely to be isolated by others when they refuse to get clean daily. People who refuse to shower everyday are seen as dirty and don't follow the basic concept of cleanliness. They are often perceived negatively by others.

#### If you do NOT have access to a shower:

- **Use Wet Wipes (wet wipes/baby wipes):** wipe down your armpits, privates and feet, as these are the area's most prone to bad odor. Then, use additional wipes to clean the rest of your body.
- **Give yourself a sponge-bath:** Over the sink use an actual sponge or a wet washcloth/towel to clean yourself. Focus on your armpits, private areas, and feet first, and then give the rest of your body a wipe down. All you'll need is warm water, a washcloth, and a bit of soap to freshen up.
- **Apply deodorant to your underarms:** prevent you from developing a bad smell, as well as a great way to freshen up in a hurry. It's a good idea to carry deodorant with you so that you can apply it as needed.



### **Basic Steps to Showering (not always the same):**

1. Turn the water on and let it get to a comfortable temperature for yourself before you get in.
2. Once you get in the shower, get your entire body wet.
3. Using face soap, wash your face good.
4. Start from the top. Wash your hair with the shampoo - rinse. Conditioner can be used as appropriate to moisturize your hair. While the conditioner is in your hair proceed to step.
5. Put body soap on your wash rag and wash your body starting from the top. Wash arms, torso, and both legs. Be sure to get in all of the cracks and crevices and rinse off well. Rinse off the wash cloth in between washing. Lastly, wash your genital area well and rinse well.
6. If applied, rinse the conditioner out of your hair.
7. Dry yourself off good while still standing in the shower so as not to make puddles on the floor outside of the shower.

### **Other Showering Options:**

- Look into local Homeless Shelters to see if you could shower there.
- Ask a family member or friends if you could use their shower to clean up.
- Think about getting a local gym membership for an inexpensive rate to use the showers in the locker room.

## 2. Knows how to use common hygiene products (shampoo, soap, deodorant, shaving cream, etc.)

**Body Wash/Soap:** Apply to your cloth. Work your way from the top of your body to the bottom, focusing on those hard-to-reach areas and places that are most prone to sweat.

**Shampoo:** apply about a quarter size of shampoo to your hand. Then scrub the shampoo into your hair and scalp. Lather and rinse shampoo out hair Rinse hair until there are no more suds from the shampoo left in your hair.

**Conditioner:** This is not necessary to have when taking a shower. Conditioner is applied to your hair after you shampoo it. This is used to remove tangles and soften your hair.

**Deodorant:** Before applying make sure your underarms are clean or else you will be putting a layer of deodorant on top of a layer of sweat. Washing the area with soap and water or a cleansing cloth before applying deodorant. Use one or more pass up and down to cover the area of skin you're trying to coat properly.

### **Toothpaste/ Toothbrush:**



**Floss:** Apply the thin cord in between teeth to remove food and dental plaque where a toothbrush cannot reach. It is important to floss at least once a day to avoid dental disease or cavities.



**Shaving Cream/Razor:** Apply shaving cream to area you wish to remove hair. This could be face, armpits, legs, etc. Using razor carefully go over the areas of shaving cream to remove hair. Be careful you do not cut yourself with the razor. Wipe or wash off area once you are done shaving. *When shaving face, make sure to do small strokes over tight and flat skin to prevent cuts.*

**Feminine Hygiene Products:**

**Pads / Tampons:** Used by females during their period. Be sure to change a pad or tampon at least every 4 hours or when needed. Use appropriate trash bins in bathroom to dispose of feminine hygiene products. Be sure to not throw away pads or tampon applicator in the toilet.

**Absorbance of Tampons:**

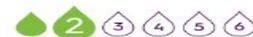
- **Light absorbency tampons:** Good for the last days of your period when your blood flow is lightest.
- **Regular absorbency tampons:** Many women find that regular absorbency tampons are good for most of the days of their periods.
- **Super absorbency tampons:** Super absorbency tampons provide the extra absorption that some women need the first day or two of menstruation when their flow is heavy.
- **Super plus absorbency tampons:** Some women who experience extra heavy bleeding at the beginning of their periods may need to use super plus absorbency tampons.
- **Ultra absorbency tampons:** Most women will never need to use ultra-absorbency tampons.

**Absorbance of Pads:**

MICROLINERS  
Lightest Absorbency – Drips



LINERS  
Very Light Absorbency – Spurts



LIGHT PADS  
Light Absorbency – Bursts



ULTRA THIN® & ORIGINAL PADS  
Moderate Absorbency – Surges



ULTRA THIN® & ORIGINAL PADS  
Maximum Absorbency – Streams



ULTRA THIN®, ORIGINAL  
& OVERNIGHT PADS  
Ultimate Absorbency – Gushes



There are also reusable feminine hygiene products that could cut down on cost. This includes:

**The Diva Cup:** A plastic menstrual cup that can be used to up to 12 hours or until full. It can then be washed in the dishwasher or with warm water and unscented dish soap. It then can be used again. The plastic is reusable and is cost effective since regular pads/tampons can be expensive.



**Luna pads:** Washable cotton liners that can be washed in the washer and dryer. They're reusable, absorbent, and leak proof.

### **3. Knows the cost of regularly used hygiene products (shampoo, soap, deodorant, shaving cream, etc.)**

The average cost for items can range from \$1.00 at the dollar store up to \$7.00-\$10.00 at local grocery or convenience stores. Depending on the brand, the cost could go up or down. **Be sure to look for deals.**

- **Soap:** \$1.00 - \$3.00
  - **Body wash:** \$1.00 - \$7.00
  - **Shampoo:** \$1.00 - \$6.00
  - **Conditioner:** \$1.00 - \$6.00
  - **Deodorant:** \$3.00 - \$8.00
  - **Toothpaste:** \$1.00 - \$9.00
  - **Toothbrush:** \$1.00 - \$4.00
  - **Floss:** \$1.50 - \$5.00
  - **Shaving cream:** \$1.50 - \$6.00
  - **Razor:** \$2.00 - \$10.00
  - **Face cleanser:** \$4.00 - \$10.00
  - **Loofah:** \$1.00 - \$2.00
  - **Washcloth:** \$1.00 - \$5.00
  - **Pads:** \$5.00 - \$7.00
  - **Tampons:** \$4.00 - \$9.00
- Items like the Diva Cup, Luna pads, and an electric razor cost more at first but will be more cost effective in the long run since they are reusable and a one-time purchase.
    - Diva Cups cost \$25.00 each, the Luna pads cost \$11.99 each, and an electric razor cost about \$30.00.
  - To be cost effective you can purchase a 3 in 1 wash which has to purpose of shampoo, conditioner, and body wash all in one.

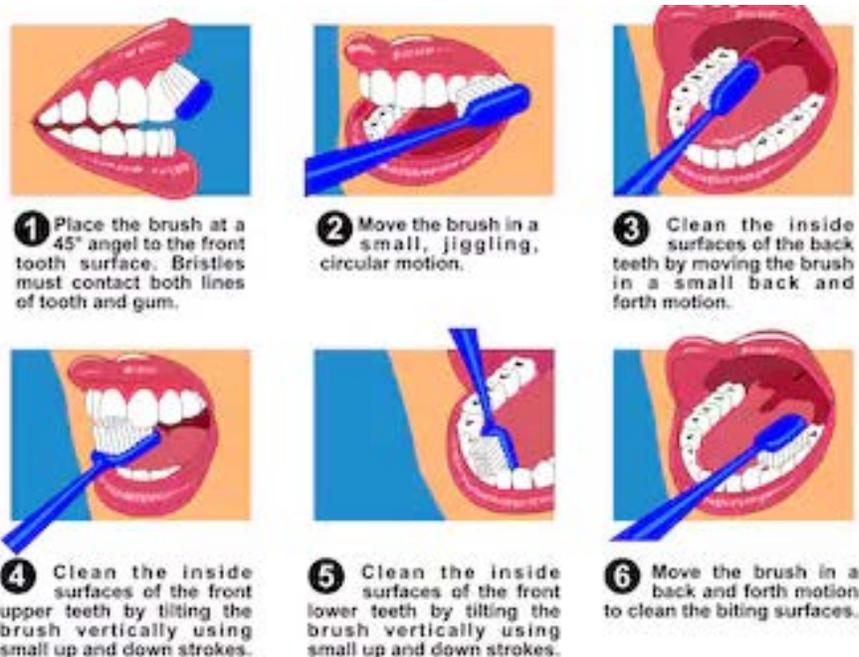


## 4. Knows importance of brushing teeth regularly

### Reasons It's Important to Brush Your Teeth:

1. **Maintaining fresh breath:** When you don't brush your teeth regularly, bacteria build up occurs in the mouth which can cause a variety of problems. To prevent bacteria building up, make sure to brush your teeth twice a day.
2. **Prevents gum disease:** You are at risk of plaque build-up on the teeth when you don't brush often. Plaque is an accumulation of bacteria and food that occurs in everyone's mouth. However, this plaque can lead to Gingivitis (inflammation of the gums). This is often the first stage of gum disease.
3. **Removes teeth stains** – Toothpaste removes debris and surface stains. It is not healthy to have stains on your teeth; they could lead to your teeth rotting.
4. **Reduces your chances of having a heart attack or stroke** – The bacteria build-up from your mouth can travel down into the bloodstream. This can increase the chances of a stroke or heart attack.
5. **Saves you money** – Brushing your teeth twice a day will help in preventing problems in the future, ultimately leaving you with reduced dental bills.
6. **Have a healthy baby** – Gum disease has been shown to increase the chance of premature birth and low birth weight. If you are pregnant, keep in mind that the bacteria build-up from in your mouth from not brushing your teeth can get into the bloodstream of your baby, putting them in risk.

### How to Properly Brush Your Teeth:



# Intermediate

## Must know 3 out of 5

### 1. Knows how to keep hair neat, clean, and how to use basic grooming tools

- In order to **keep your hair clean**:
  - Shampoo: Make sure to use shampoo whenever washing your hair in order to eliminate grease or dirt that could be in the hair.
  - Conditioner: Conditioner is optional but it helps get tangles out of your hair and makes it smoother.
- In order to **keep your hair neat** throughout the day, there are multiple tools that can help:
  - Brush / comb / pic: Using a brush / comb / pic can help detangle your hair as well as style it. It is important to brush out your each day so your hair does not become tangled or matted.
  - Hairspray / Gel: Using hairspray or gel can help style your hair and keep it in place for the whole day. This will help keep a neat look and prevent flyaways.
  - Hair Grease: Apply to hair to prevent hair from drying out and breaking.
  - Depending on the person and the type of the hair they have and the style they wish to have, tools can change and products used can be altered (i.e. flat irons hair dryers, perms, grease, etc.)
- In order to **keep your facial hair under control**:
  - Shaver: Many men will use a shaver to trim and shave their beard or facial hair. Depending on how often their facial hair grows back, it is important to use a shaver at least every 3-4 days.
  - Tweezers: Using tweezers can help pluck unwanted hairs such as on your eyebrows or upper lip. They're helpful in getting ingrown hairs or blackheads out as well.
  - Clippers: Using clippers are a good tool to trim hair if it is getting too long and to prevent flyaways.
- In order to **style your hair**:
  - Curling iron / Straightener: Using a curling iron / straightener styles hair in either curls or straight locks.
  - Ponytail holders: Holds larger pieces of hair in a ponytail, braid, or bun.
  - Clips / bobby pins: Holds smaller pieces hair in place.

- How to **take care of a wig:**
  - Comb hair! *Do not use regular brushes.*
  - After washing a wig, do not shake it in a towel. Be careful and *dry it piece-by-piece.* This makes sure that strands of fibers don't fall off
  - After getting your wig wet in water, *squeeze it dry.* Don't wring it or the base of your wig could become mis-shaped and dry funny.
  - While washing your hair, *never use shampoo meant for natural hair.* You can condition your hair every couple weeks or so, to keep it shiny and soft.
  - Only wash your wig after wearing it for *25 times.* If you do this daily or even weekly, it can lead to your wig looking less realistic and falling apart
- How to **take care of a weave:**
  - Shampoo and conditioner
  - Apply oils to your scalp
  - Be sure to comb and take off weave so it does not become matted or tangled
  - Remove it after 6-8 weeks

**Every person will be different in how they wish to present themselves but it is important to keep your hair clean and neat to look presentable each day.**



## 2. Knows how to dress in clean clothing appropriate to the season



### Winter:

- Jacket, coat, hat, gloves.
- Protection against the cold is necessary.
- LAYERS are key



### Spring

- Light jacket, or light sweaters
- Lighter Long sleeve shirts and tee shirts, depending on the day
- Light pants, capris' and shorts



### Summer

- Tee shirts, shorts.
- Bathing suits, sandals
- Lighter clothing

### Fall

- Long sleeve shirts and pants
- Light jacket , sweater, sweatshirt, light coat
- The temperature may be cooler in the morning and night.



### Clothes to Wear in the Rain:

- Rain boots
- Rain jacket or Jacket with hood
- Carry an umbrella



### Clothes to Wear in the Snow:

- Snow boots
- Winter jacket
- LAYERS
- Warm socks (wool)
- Hat
- Gloves



### Why We Wear Clean Clothes:

- Dirty clothes can harbor microorganisms, and wearing clothes with these microorganisms on them can lead to skin infections.
- Body odor is second bad effect which happens because of dirty clothes.
- It makes us look dirty

### 3. Knows appropriate clothing to wear for all occasions/events

<u>Occasion</u>	
BBQ, Birthday Party, Get together with friends 	Laid-back clothing that is comfortable. A nice top with pants or a skirt.
School 	A shirt and jeans or pants. Skirt or dress if you desire. Uniform if required
Job Interview / Work 	Look polished and professional. A suit, conservative skirt dress, or slacks and shirt. Dress shoes, flats or small heels. Limited jewelry due to its distraction.
Special occasion like a Wedding 	Usually a black-tie event. Wear a dress or elegant knee length dress with heels or flats. Accessorizing with some jewelry would be appropriate. Avoid wearing a white dress to not clash with the bride. Or you could wear a suit or tuxedo with dress shoes.
Gym 	Anything comfortable that you don't mind getting sweaty in! Tee shirt or tank top with running shorts / pants and sneakers. Wearing a sports bra for support would be appropriate as well.

<p>A first date / Night out</p> 	<p>Dressing appropriate for the date/ location. A pair of jeans with a sweater or shirt. Maybe accessorize with jewelry.</p>
<p>Baptism, Bar Mitzvah, or religious ceremony</p> 	<p>It is important to stay appropriate and conservative for religious events. Wearing dress or a skirt below the knee, sweater or a nice pair of pants and blouse would be appropriate. No shoulders or back should be visible. Low cut and tight clothing should be avoided. Or Wearing a nice suit or button down shirt and khakis would be appropriate.</p>
<p>A funeral</p> 	<p>Wearing black is a safe choice or any darker colors. A pantsuit or knee-length dress would be appropriate.</p>



## **4. Knows how to wash clothes using appropriate temperatures, amounts of soap, etc.**

Before washing clothes, separate your clothes into common piles such as colored, whites and delicates. This will help you determine what temperature to wash the clothes in, check the tags on the clothing as well. .

### **When to Use Hot Water –**

- For whites, Typical dirty clothes
- Hot water is best to remove germs and heavy soil
- However, hot water can shrink, fade and damage some fabrics, so be sure to read your clothing labels before selecting the hot option.

### **When to Use Warm Water –**

- For cotton, polyester, knits and jeans.
- Most of your clothes can be washed in warm water
- It offers good cleaning without significant fading or shrinking.

### **When to Use Permanent Press-**

- Warm wash, cold rinse, and with colored clothes.
- This is good to de-wrinkle clothes as this cycle offers mild agitation.

### **When to Use Cold Water –**

- For dark, bright colors that bleed or delicate fabrics
- Cold water also saves energy!
- If you choose cold water, you may need to pre-treat or pre-soak your clothes if your laundry items are heavily soiled.

### **Amount of Detergent –**

- Lower the temperature of the water, the more detergent you need
- Measure the amount of detergent using the cap of the bottle. One cap is usually the correct amount to put in the washer. Read instructions.
- Detergent pods are another option that is individually packaged for easy use.

## **5. Knows how to dry clothes in dryer using appropriate settings**

Make sure to read the tags on the clothing to see what setting works best for the material.

### **Regular/Heavy:**

- High heat and fast drying
- Dry whites, socks, towels, etc.
- Clothes washed in hot water may shrink if the regular cycle is used to dry them.

### **Permanent Press:**

- Medium Heat
- Used with colors
- Do NOT use with delicates this is still too hot!

### **Delicates:**

- Low heat
- Try not to dry delicates too often (hang dry them)

### **Air Fluff:**

- No heat, not used for drying clothes
- This cycle fluffs clothes and helps remove some minor wrinkles
- Throw clothes in dryer on this setting with a dryer sheet to get an extra wear before having to wash the item.

### **Timed Dry:**

- You select the amount time you wish to set it to dry.

### **Wrinkle Release:**

- 10 minutes in the warm air of the Permanent Press Cycle
- Remove clothes from dryer when they are still partially damp, hang up the clothes in a well ventilated room. Cover the floor below the clothes so they don't damage the ground.

# Advanced

## Must know 3 out of 4

### 1. Knows how to use appropriate stain removal techniques for different types of stains

1. **Water** – Hot, cold, free, fresh and plentiful. Water will be your first line of defense. Rinse, blot, dab and repeat; water by itself can't do much damage.
2. **Vinegar** – Vinegar is a natural and effective stain remover. When using it on wool or polyester, use sparingly, and consider spot-testing in a hidden area first. (**Spot testing** means to use a small amount of the cleaner and see how it affects the fabric before using it on a larger more noticeable area.)
3. **Hydrogen Peroxide** – Great for removing blood or rust stains, hydrogen peroxide has a bleach effect without the destructive color change. It is color safe and also disinfects.
4. **Detergent / Stain Remover** – Use these to scrub out stains before you launder clothes normally. Stain removers have special enzymes to help release stubborn stains.
5. **Rubbing Alcohol** – Effective for removing inks, dyes and chemical-based stains.
6. **Dish Soap** – A mild and versatile solvent. Mixed with water, dish soap is effective on grease, condiments, and just about anything.
7. **Bleach** – Effective yet harsh, bleach is usually a last-resort option for removing stains from whites.
8. **Spray Technique** – Spray the stain with spot treatment you can purchase from the store. Spray the stain with the cleaner, wash the clothes and follow the directions. Purchase cleaner at local convenient store for \$3.00 to \$10.00.

#### Tricks to Remove Stains:

1. Treat all stains as quickly as possible.
2. After washing, air dry first. Before drying the garment in a dryer, make sure the stain is removed. Otherwise, the heat could set the stain.

**If unsure of how to remove a stain try looking it up online to find steps and instructions on how to get rid of the stain.**

## Helpful Reference:

### Types of Stains

Beer – 3, 7, 2

Berries – 14, 5, 7, 2, 3

Blood – 3, 8, 5, 2

Chocolate – 14, 7, 20, 4, 1

Coffee – 4, 7, 11, 6, 2

Cooking Oil – 18, 3, 7, 6, 1

Feces – 14, 4, 15, 1

Grass – 3, 8, 6, 2

Gum – 13, 14, 7

Ice Cream – 3, 7, 6, 2

Ink – 10, 6, 1

Juice – 3, 7, 19, 4, 1

Ketchup – 7, 12, 6, 2

Latex Paint – 3, 7, 2

Mayonnaise – 18, 7, 1

Mustard – 12, 7, 6, 2

Nail Polish – 17, 7, 1

Oil-Based Paint – 17, 7, 6, 1

Red Wine – 16, 4, 7, 1

Rust – 9, 11, 2

Sweat – 12, 5, 1

Vomit – 14, 3, 4, 15, 1

Water-Based Paint – 3, 7, 2

White Wine – 3, 7, 2

### Removal Methods

- 1 Launder with hot water
- 2 Launder with cold water
- 3 Flush back side with cold water
- 4 Flush back side with hot water
- 5 Flush with hydrogen peroxide
- 6 Pretreat with stain remover
- 7 Blot with a clean rag and dish soap solution\*
- 8 Rub the stain together with the fabric
- 9 Sprinkle with lemon juice and salt
- 10 Blot with rubbing alcohol
- 11 Air dry (in sun if possible)
- 12 Flush with vinegar
- 13 Freeze
- 14 Scrape off any excess stain material
- 15 Wash with chlorine bleach
- 16 Cover with salt
- 17 Flush with paint thinner or acetone
- 18 Sprinkle with cornstarch
- 19 Blot with diluted ammonia\*
- 20 Dab with liquid laundry detergent

\*Mix solutions according to the directions below

### Common Stain Removal Mixtures

#### Dish soap solution:

1 tablespoon dish soap, 10 ounces water

#### Vinegar solution:

1 cup white vinegar, 1 cup water

#### Ammonia solution:

1 cup ammonia, 1 cup water

Retrieved from: [mollymaid.com](http://mollymaid.com)

## 2. Knows how to sort laundry based on color and fabric

If unsure remember to check the tag!

Sorting Clothes by Color: Whites, Darks, Lights, Jeans & Delicates

### Whites:

- White t-shirts, white underwear, white socks and other similar items fall into this category.
- This pile is for white sturdy cottons that can withstand normal wash on a warm or hot wash cycle.

### Darks:

- Grays, blacks, navies, reds, dark purples and similar colors are sorted into this load.

### Lights:

- More pastel-type colors such as pinks, lavenders, light blues, light greens and yellows are placed in this pile of laundry.

### Heavy Material:

- All items with denim (jean) material are washed together in this load as well as dark towels, sweaters, sweatshirts, etc.

### Delicates:

- This category includes several types of clothing – lingerie, pantyhose, washable silks, and any clothing you'd like to keep from the harsh agitation of the washer.



**Sorting Clothes by Fabric:** Heavy and Light Clothes

**Remember: If unsure remember to check the tag!**

**The weight of the garment should be considered as well!**

**Heavy:** Can go through a rougher wash and dry because the material is durable.  
Takes a longer time to dry

- Example: heavy cotton pants, sweatshirts, jeans

**Light:** Needs a lighter setting so the material does not tear or rip. Doesn't need to be in the dryer for that long because it will dry quicker.

- Example: thin t-shirts, khaki pants, blouses

**Note:**

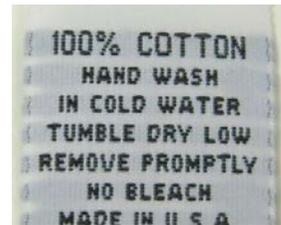
- While sorting clothes, look for items that require stain removal attention. Place those items in a different pile so you will be able to remove the stain before you put the clothes back in the sorting category they belong in. Check and Treat!!!
- Remember to check the pockets before putting them in the wash to make sure you didn't leave anything in them.
- Turn t-shirts with writing or prints/designs on them inside out, this will protect the label from peeling off the shirt.
- Make sure all the socks are not crumpled up before washing them for the most efficient wash.

### **3. Knows how to read clothing labels to determine method of cleaning: hand wash, dry-clean, machine wash, hang dry**

- **Hand wash:** wash clothes by hand rather than using a machine
- **Dry-clean:** cleaning process for clothing using a chemical solvent other than water. It is used to clean fabrics that break down in water, and delicate fabrics that cannot withstand the rough and tumble of a washing machine and clothes dryer. This can get expensive!
- **Machine wash:** wash clothes in washing machine by adding laundry detergent which is sold in liquid or powder form to the wash water
- **Hang dry:** Clothing can be hung on drying rack or a clothesline — a length of rope strung inside or outside on which one can hang clothes in the open air or sun until they are dry.

#### **Hand wash:**

1. **Read label** like this one to see if needs to be hand washed (look for hand wash symbol)
2. **Clean sink** so it is not dirty when hand washing
3. Water should always be **cold**
4. Mix cold water with one teaspoon with **liquid detergent**
  - a. Always add water & detergent before the clothes to the sink
5. Soak for five minutes & swish in water
6. Drain the water out of the clothing (**do not wring it!**) & fill sink with clean cold water
7. Repeat steps until there is no more suds and soap
8. Towel off and dry



#### **Dry-cleaning:**

- For clothes that are dry clean only, the circle has a letter 'P' inside it or a symbol that it cannot be hand washed.
- Take to local dry cleaners to clean clothing for you.
- Ask for price before leaving the item for service to determine if it is worth the cost.



**Machine Washing:**

1. Look at label. Depicted as a bucket filled with water, the Wash Symbol tells you-what temperature or machine setting you should use to wash the item of clothing.
2. Select appropriate water temperature and spin
3. Put detergent into machine
4. Put dirty clothes in machine
5. Begin cycle



**Hang Dry:**

- When an item is marked as ‘Do Not Tumble Dry’ with a cross through the drying symbol, leave this garment to drip-dry on a drying rack or outside on your washing line rather than putting it in the dryer.



**Clothing Safe to Iron:**

Ironing Instructions According To Fabric			TEMP	STEAM
Natural Fibers	<b>Cotton (denim, muslin, calico, chintz):</b> Iron on high heat while still damp. If the fabric is dry, pre-moisten it with a spray bottle or use the spray button on your iron to dampen the fabric. Use steam and spray if necessary.			
	<b>Linens:</b> Iron while still damp on the wrong side using high heat. If the fabric is dry, pre-moisten it with a spray bottle or use the spray button on your iron to dampen the fabric.			
	<b>Wool (cashmere, flannel):</b> Use a pressing cloth and iron on the wrong side of the fabric on medium heat.			
	<b>Silk:</b> Use a medium heat setting and dry iron silk on the wrong side of the fabric. To press a silk tie, lay it on top of a pressing cloth right-side facing down, then press.			
Synthetic Fibers	<b>Polyester:</b> Iron while still damp, pre-moisten it with a spray bottle, or use the spray button on your iron to dampen the fabric. Use low or medium heat.			
	<b>Nylon:</b> Use low heat and dry iron without steam. Use spray if necessary.			
	<b>Acetate:</b> Using low heat, dry iron without steam on the wrong side of the fabric.			
	<b>Acrylic:</b> With the iron on low heat, dry iron without steam on the wrong side of the fabric. Use spray if necessary.			

**Practice Worksheet**

**Which would you put in the dryer?**



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

**Which would you bring to the dry cleaners?**



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

**Which would you hang dry?**



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

**Which would you hand wash?**



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Answer Worksheet

Which would you put in the dryer?



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Which would you bring to the dry cleaners?



A. Silk Shirt



B. Suit



C. Polyester Shirt



D. Gym Shorts

Which would you hang dry?



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D. Gym Shorts

Which would you hand wash?



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B. Suit



C. Polyester Shirt



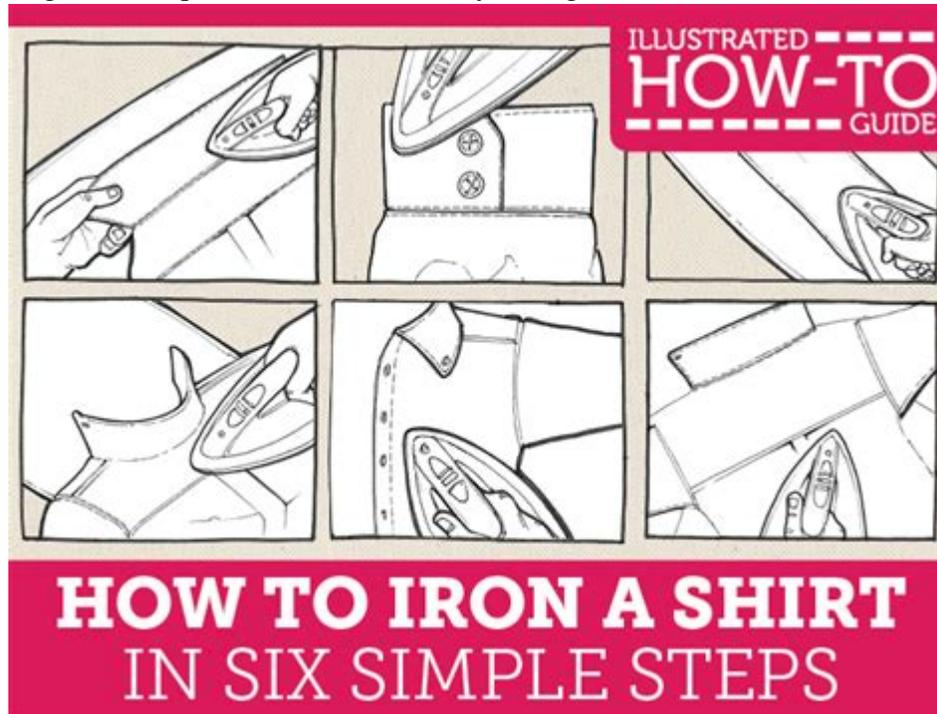
D. Gym Shorts

## 4. Knows how to iron clothes

Be aware of your surroundings; don't leave a hot iron unattended if there are **children or mobile pets** in the area. **Unplug the iron once you are finished** using it and keep it out of reach of children and pets, as it may take time to cool.

### Shirts:

- Ironing shirts is quicker and easier than you might think.



For more information: [www.archetypes.com](http://www.archetypes.com)

### Pants:

- Use gentle pressure and steam that are going to do the work, not so much the motion and heat of the iron itself.
- Lay the pants flat on the ironing board, and line up the seams of the leg to match. The crease is as far from those seams as the fabric goes.
- Move iron up and down pant legs until wrinkles are gone.



### **Where to Iron:**

- Use an ironing board.
- Use a flat surface if you don't have an ironing board.
- Place a towel down on the flat surface so you don't damage the floors or furniture from the heat of the iron.
- Do not use a bed as a place to iron.



### **Ironing Without an Iron:**

**Use the Shower:** Hang your clothes up directly outside the shower curtain or door while running hot water is actually a very easy way to get rid of most of the wrinkles in your clothing.

**Water Spritzing:** Using a spray bottle is already a trick used during ironing to help get steam deeper into fabric, but if you don't have an iron around and need to get rid of some serious wrinkles, just using the water itself can help you out immensely. The best way to do something like this would be to also make use of something flat and heavy, like a phone book. Spray some water on the wrinkled area, rub it in gently, and try to flatten it by pressing the book down over it on a flat table. Don't hold it too long, though, or you may be causing a whole new set of wrinkles nearby.

**Use the Dryer:** If you've got a good half hour to spare, you can spray heavy amounts of water on the wrinkled item, and throw it in the dryer. The trick here is to pull it out of the dryer while it's still hot—then either put it on or hang it up immediately. Nearly all the wrinkles can be taken out of a single item this way. Make sure to shake out clothing after drying and hang to avoid wrinkles.