



INTERNATIONAL FEDERATION
FOR HOME ECONOMICS



IFHE Programme Committee
Household Technology & Sustainability –
the experts in household management

Best Practice Tips in Manual Dishwashing[©]

Ways of washing up

Washing up in a sink

- As far as possible, do not wash up under running tap water.
- Wash up in two sinks half-filled with water.
- Soaking and cleaning in one sink with hot water and the recommended amount of cleanser.
- Rinsing in a second sink with cold water.
- Important: Add the recommended amount of cleanser after the water let-in in order to avoid foam production.

Washing up in a sink and a basin

- If your kitchen is only equipped with one sink, replace the second sink by a basin filled with water.
- Washing up in a sink and rinsing briefly under running tap water.
- If there is no space in your kitchen for a basin, rinse your dishes shortly under running tap water but close the tap immediately afterwards.

Washing up under running tap water for small dish loads

- If there are only a few dirty dishes over several days and it is not efficient to fill sinks with water in order to wash them, clean your dishes under running tap water.
- Apply a small amount of cleanser onto your cleaning utensil.
- Important: Open your tap only lightly and close the tap between cleaning the single items.

Washing up in three bowls if no tap water is available

- If there is no tap water available in your household, wash up in three bowls filled with water.
- First bowl for prewashing, second bowl for main cleaning, third bowl for rinsing the items.
- If available use hot water for main cleaning and cold water for prewashing and rinsing.

Washing up steps

Rough soil removal

Scrape any soil residues from dishes as far as possible.

Soaking

Soak hard dried or burnt on soils on dishes in hot water with a little cleanser immediately after use.

Cleaning

With hot water and cleanser.

Rinsing

With cold water and without cleanser.

Air-drying

Let the dishes air-dry, do not towel-dry them.

Additional tips

Gloves

Use gloves, if you have a sensitive skin.

Washing up order

Wash up in the following order: slightly soiled items first, heavily soiled items last.

Collecting dishes

Do not wash single items individually. Wait until a proper amount of dishes is collected.

Water changes in sink and bowl

Change the water when you feel it is too dirty.

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