



INTERNATIONAL FEDERATION
FOR HOME ECONOMICS



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

Best Practice Tips in Machine Laundering[©]

1. Before washing

Prepare your laundry for washing by sorting into appropriate wash loads (e.g. whites, colours, darks, and delicates).

Every day, large amounts of water and energy are wasted due to unnecessary laundry washing. Help save resources by avoiding unnecessary laundry washing. Prepare laundry to be washed by removing accessories and turning the clothing inside out; pre-treating stains if necessary.

2. Washing

Load the washing machine to the indicated capacity. Note that the load capacity for delicates and wool may differ.

Dose your detergent in accordance with the soil level and water hardness. Check the detergent's information label for proper dosing.

Purchase concentrated detergents in refill packs.

Choose washing and temperature settings according to the textile care instructions and soil levels.

Select the lowest washing temperature possible. Do not use over 60 °C for whites and colours. 40 °C and lower is sufficient, depending on the degree of soiling.

3. After washing

Remove and dry the laundry immediately after the wash cycle is complete.

Use the highest spin setting when drying in a tumbler.

To sanitise your washing machine, wash once per month at 60 °C; using a combination of bleach and detergent. Leave the door and detergent drawer open after use.

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