



INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS



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

# Best Practice Tips in Hand Laundering<sup>©</sup>

## 1. Before laundering

Sort the washing in groups of light colours and dark colours, and into slightly soiled and heavily soiled items.

Pre-treat stains with detergent.

Prepare basin with just enough warm water to submerge the laundry.

Add detergent liquid or dissolve powder in water before adding the laundry. Too little is not effective, so use enough, especially in hard water. However, be careful because too much detergent is wasteful, damaging to the environment and difficult to rinse out.

Start with least soiled items.

Before laundering an item for the first time, test the detergent on the inside of a hem to be sure that the detergent won't fade the colour.

## 2. Laundering

Pre-soak stained and heavily soiled items for 30 minutes to 1 hour in warm water.

Pre-treat heavily soiled areas by applying soap or detergent directly on the wet item and wash with a squeezing action rather than rubbing.

Remove items from the wash water when clean, squeeze out as much water as possible and put in the rinse water.

Allow items to move freely in the rinse bath.

Remove from first rinse bath, squeeze out as much water as possible and put in final rinse bath.

Move the laundry freely in the rinse water.

Remove and squeeze out excess water.

Shake the item open to remove most wrinkles and more water.

Turn inside out and hang on a clean smooth clothesline in a draught (put garments like sweaters on a flat surface on an absorbing towel and shape in form). Peg on seams and not on edges or fragile parts.

## 3. After laundering

Remove from the clothesline as soon as the items are dry. Exposure to the sun may cause fading of colours and deterioration of the fibres.

Fold or hang and iron if necessary and store in a clean dry place.

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