



WASHCARE GUIDELINES

HOW TO INCREASE YOUR WARDROBE LIFE SPAN:

- Follow the care instructions on the garment labels to preserve the appearance of your uniform
- It is each staff members own responsibility to take care of their uniform

Washing:

- Rather use brand washing powders & avoid harsh bar soaps and bleaches as they cause discolouring
- Use very little fabric softener as this tends to weaken fibres

How to reduce creasing:

- Hang up garment after wearing. Fasten zips and buttons to help the garment keep its shape
- Jackets should be placed on a hanger when not being worn
- Hang washable garments on hanger whilst damp and minor creases should drop out
- When ironing is required, iron on the reverse side to prevent “shining”

Drying:

- Fasten all buttons & hang inside out, especially dark colours
- If garments are left out in the sun all day they will be bleached by the sun

Stain removal:

- Always carefully remove stains before washing or drying as heat can make stains permanent
- We have recommended stain removal techniques on the next page as part of sharing best practice

TREATING STAINS:

Antiperspirant: Make a paste with bicarbonate of soda and salt and apply to stain for about 15 minutes. Soak in detergent and then wash as normal.

Ball Point Pen: Sponge with methylated spirits or Eau-de-Cologne. Any remaining stain should then be rubbed with soap and washed as normal.

Alcohol or Food: Use soda water. Place a towel under area. Fizz soda and rub in towards the centre of the spot.

Blood: Mop with tissues & soak in strongly salted cold water. Keep changing the salt-water solution until it runs clear. Sponge any remaining stain with warm water. Rinse with cold water. Wash the whole garment before the stain dries using a detergent.

Chewing Gum: Put the stained garment in a plastic bag and freeze overnight. Gum should scrape off easily, or brush egg white onto gum stains with a toothbrush and wash normally.

Coffee and Tea: Soak in lukewarm detergent solution. (Always dissolve the detergent in water soaking). Then treat with methylated spirits.

Fruit and Fruit Juices: Rub the stain with salt before washing. Rinse in cold water and soak in liquid detergent. (See care label)

Oil: Eucalyptus oil is an excellent oil and grease stain remover (from pharmacy). Using a cotton swab, apply to stained area and then wash as per the care instructions.

Tomato Sauce: Rinse in cold water and soak in liquid detergent. If necessary, treat with methylated spirits.

Please follow these easy steps for Hand Washing:

- Fill a bucket or deep sink with warm water and about a ¼ cup of detergent
- Put your clothing in the water and leave to soak for a while if stained
- Knead the clothing with your hands in the water for a few minutes, much as you would knead bread
- Rinse the clothing until water runs clear, not soapy
- Wring out the garment gently
- Turn garments inside out and close any buttons' or zips
- Hang out to dry on a clothes line or a well-ventilated area.