

brave



where you are

# LIFE SKILLS

how to do laundry

































# Life Skill #2: How to do laundry

## STEP 1: Sort Your clothes

Separate your laundry into piles of whites, light colors, dark colors and linens (like sheets, towels and blankets). Don't mix light and dark colors together. Even if the clothes have been washed many times, bright colors will fade and lighter colors will get dingy or gray.

## STEP 2: Check the labels

When learning how to do laundry, look at the labels of each of the clothes. If a label says: "hand wash only," "dry clean only," or "wash separately," put it aside in a "special care" pile.

<b>WASHING SYMBOLS</b> GENERAL	<b>TEMPERATURE</b>	<b>MACHINE CYCLES</b>	<b>BLEACHING SYMBOLS</b>
 Machine wash	 <b>Wash cold</b> On temperatures between 65 and 85F	 Normal cycle	 Bleaching allowed
 Hand wash	 <b>Wash warm</b> On temperatures at max. 105F	 Permanent press cycle	 Do not bleach
 Do not wash	 <b>Wash hot</b> On temperatures at max. 120F	 Delicate / gentle cycle	 Use non-chlorine bleach
 Dry clean only			
 Do not dry clean			
<b>DRYING SYMBOLS</b> GENERAL	<b>TEMPERATURE</b>	<b>TUMBLE DRY CYCLES</b>	<b>IRONING SYMBOLS</b>
 Tumble drying allowed	 Any heat	 Normal cycle	 Iron low
 Do not tumble dry	 Low heat	 Permanent press cycle	 Iron medium
 Hang to dry	 Medium heat	 Delicate / gentle cycle	 Iron high
 Dry flat	 High heat		 Do not iron
 Do not wring	 No heat / air		 No steam added to iron

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### STEP 3: Check the clothes

One of the most important steps when learning how to do the laundry is to empty all pockets. Remove all accessories like belts or pins. Check everything for stains. Stains like grass, blood, dirt, sweat and food should be pre-treated with a stain remover. Follow instructions on your stain removal product. It usually needs to be sprayed, rubbed or soaked, depending on the type of stain and product you're using.

### STEP 4: Set the washer

On the washing machine you will find dials or buttons for choosing the type of water and cycle appropriate for your laundry load.

—**Warm water** is used for most loads. Use it for light- and bright-colored clothes, cottons and linens, jeans, and most regular-wash clothes.

—**Cold water** is best for light colors and delicate things—swimwear, bras, and workout clothes. When you're not sure how to do the laundry, use the cold water, delicate setting. If you don't have too many delicates, hand-wash instead.

—**Hot water** is best for removing stains and germs from clothes and can be used for white clothes and light-colored linens. However, hot water isn't very gentle to fabrics or color. It can make them shrink, fade or wear out.

### STEP 5: Start the washer

Turn on the machine and let it start filling with water before you add the clothes. (If you have a front-loading machine, this isn't possible, so turn it on only after you load the clothes.) Measure and add the detergent, following the instructions on the container. If you are washing bright colors, you can add color-safe bleach or detergent with bleach alternatives. If you are washing whites in hot water and all of the

washing instructions on your clothing tags agree, add a small amount of bleach to the water before adding your clothes. Make sure to wipe up any spills with a wet sponge or paper towel, and be sure not to spill any on your clothing as it will ruin it.

### **STEP 6: Load the washer**

Place one pile of clothes into the washer. Leave enough room for the clothes to move around in the washer. Do not overfill or your clothes won't get clean. Close the lid and wait for it to finish. Start the washer if you haven't already and wait for it to finish.

### **STEP 7: Dry the clothes**

Remove clothes from the washer as soon as the full cycle is done. The washer will go through a few cycles of starts and stops, so check the dial or display to tell you when it's finished. Some washers will beep when they're done. If clothes are left in the washer for more than a few hours, they could become stinky and need to be rewashed before drying. Empty the lint filter on the dryer before each load. If you don't, it could become a fire hazard.

One important thing to remember when learning how to do the laundry is to check the washing instructions on each piece of clothing. They will say something like: "hang dry," "lay flat to dry," "tumble dry low heat," "tumble dry remove promptly." Follow all instructions and load dryer-safe clothes into the dryer, being sure not to overstuff the dryer or your clothes won't dry properly. If clothes are not dryer safe, follow instructions on the tags for best results.

Turn on the dryer and follow the instructions on the clothing tags and the dryer to choose the best setting for your load. As soon as the dryer is done, empty it and fold clothes to avoid wrinkles.

\*These instructions were taken from <http://www.beinggirll.com/article/how-to-do-the-laundry/>