

# How to Do Laundry



## Using a Washing Machine

1. Gather supplies:
  - Dirty clothes
  - Laundry detergent
2. Each washing machine is different. Take time to familiarize yourself with how to properly use it.
3. Check labels of clothing for instructions.
4. Sort clothes into piles. Each pile will be washed separately: whites, light colors, darks, towels, delicates.
5. Check clothing for items that should not be washed (i.e., pens, lipstick, food).
6. Pour laundry detergent in washing machine.
  - Refer to instructions on the laundry detergent for amount to use.
  - Do not use bleach.
7. Select the appropriate water temperature.
  - Generally, colors should be washed in cold water. Whites can be washed in warm water.
  - If uncertain, use cold water.

8. Put clothes in the washing machine. Do not overload. Too many clothes will prevent proper washing.
9. Turn washing machine on. If during the cycle the washing machine makes a banging sound, open its lid, wait for it to stop and rearrange clothes evenly around the drum.
10. When the washing cycle is finished, transfer the clothes to the dryer or hang dry.

## Using a Dryer

1. Each dryer is different. Take some time to familiarize yourself with how to properly use it.
2. Locate the lint tray and empty its contents into a trash can. Note: this must be done prior to each load.
3. Select the level of drying needed. If uncertain, use low.
4. When the cycle is finished, remove the clothes from the dryer and fold or hang immediately to help prevent wrinkles.

