

## **Bathing/ Showering Protocol**

**Definition:** Bathing Support as defined by P.D.D. is, when an individual requires assistance with one or more of the following:

- Assistance to checking water temperature before using it.
- Assistance to check water temperature.
- Assistance adjusting water temperature when necessary.

### **Bathing/Showering Protocol**

- Faucets on baths and showers are to be fitted with appropriate temperature regulators.
- Prior to the individual getting into the bathtub or shower a thermometer, which is able to be submerged in water and record high temperatures, must be used to determine the temperature of the water.
- To properly measure temperature: Submerge the thermometer into the bath water for approximately 30 seconds. The reading should not exceed 41 °C. If it does, adjust the water as required Document the water temperature on the Bath Water Temperature record sheet. *Depending on the individual they may have special instructions due to temperature sensitivity or skin conditions if so adjust the temperature to suit needs.*
- Hot water should not be added whilst the person is in the bath. If needed (i.e. bath takes longer than usual and the person is cold), hot water must be added slowly (small amounts) and the water must be tested with the thermometer, prior to the individual getting back into the bath.
- For measuring shower temperature, run the water for one minute, fill a cup and immediately test the water temperature with a thermometer. The reading should not exceed 41 °C. If it does, adjust the water as necessary.  
*(With a properly working temperature regulator installed, the shower temperature should not be affected by water use in other areas of a home/facility i.e. flushing a toilet.)*
- Hot water temperature will be checked with the initial Horizons Centre approval of homes, programs, and facilities and there after two times per year (January and July). The hot water coming out of the faucet in the bath/shower should not exceed 49 °C (set the temperature regulator valve). If hot water temperature exceeds 49 °C , this indicates a problem with the temperature regulator. Staff must immediately report it to their supervisor and the supervisor must deal with the problem A.S.A.P.
- To measure water temperature:
  - Run the hot water tap for one minute.
  - Fill a cup and immediately test the water temperature with a thermometer.
  - Document the temperature (should be no higher than 49°C) on the semi-annual water temperature report.

**Horizons Centre staff and Proprietor(s) who support individuals with bathing, are trained in safety practices through the ACDS Safe Bathing and Showering Manual and are knowledgeable in Horizons Centre's Safe Water Temperature and Bathing Protocol (CS Policy/Procedure E14), which includes:**

- Knowing how to properly check water temperature before using it.
- Checking water temperature before using it.
- Knowing how to adjust water temperature when necessary.

Staff/Proprietor(s) are required to read and initial acknowledgement of the Policy/Protocol annually.

### **Reporting**

- Hot Water temperature will be measured/ tested two times per year in January and July.
- Semi-Annual Water Temperature Report will be forwarded to the Executive Director and filed for record.

---

Executive Director

---

Date



**Semi Annual Water Temperature Report**

(to be completed two times per year)

Year: \_\_\_\_\_

<b>Horizons Centre Facility ( Bath/Shower)</b>		
Date	Temperature in Degrees Celsius	Initials
January		
July		

<b>Proprietorship Home #1 (L.S.)</b>			<b>Respite Home (L.S.)</b>		
Date	Temperature in Degrees Celsius	Initials	Date	Temperature in Degrees Celsius	Initials
January			January		
July			July		

<b>Proprietorship Home #2 (K.L.)</b>			<b>Respite Home (K.L.)</b>		
Date	Temperature in Degrees Celsius	Initials	Date	Temperature in Degrees Celsius	Initials
January			January		
July			July		

**Recommendations/Comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
**Executive Director**

\_\_\_\_\_  
**Date**

**Copy Sent to:** \_\_\_\_\_

**Date:** \_\_\_\_\_