



# Bathing Guidance

Document No: BL BG 001

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# 1 Document Control

## Document Control History

Version	Revision Date	Revision Description	Next Review Date

## 2 Introduction

### 2.1 Why is there a need for a bathing guidance document?

With all those we support we should have an awareness of safety not least as if we are hurt or injured and it imposes on the ability of someone to live a good life.

Scalding through hot water presents a risk to all of us, so at the very least when we are supporting someone in their own home we should have an awareness of water temperature and advise the person we support for them to have a vigilance.

Where we support someone with personal care either through indirect support such as helping run a bath or where we give more direct support in bathing we have additional responsibilities to ensure this is undertaken in a safe manner to reduce the risk of scalding. This is where the following guidance is specifically applicable and should be reflected in a working policy.

The safety assessment will identify if the person we support is at risk, and if at risk will identify the things we should do to reduce the risk of scalding to as low a level as is practicable. The safety assessment should be based on the individual person and not as a general risk to all. If no risk is present then no actions are required.

### 2.2 What does this mean for the Partners For Inclusion Group?

We should carry out a safety assessment of all of the people we support in their home environment whether we current support during bathing or not. Please ensure you take into account any medical conditions that could put someone at risk of scalding/drowning including epilepsy etc. There may also be behavioural aspects that may increase the risk of scalding and so both medical conditions and behavioural aspects should be included in the safety assessment in order to ensure everyone's safety.

The safety assessment is then a record of us having considered the risk of scalding. If there is no risk of scalding then we should file the safety assessment once a year or if something changes to increase the risk of scalding.

If however there is a risk of scalding then actions are available in this guidance document to reduce the risk of scalding and thus ensuring the people we support are safe.

### 2.3 Control measures to help reduce the risk of scalding.

There are a number of control measures that can be used to help reduce the risk of scalding during bathing activities. Some of which are as follows:

- **TMV – Thermostatic Mixing Valve.** This is a device that can control the water temperature to a pre-set value i.e. 38 °C or a temperature that is suitable for the individual. They should be fitted as close to the bath tap or sink water taps to control the water temperature to the individual taps. The location of the TMV should be known and recorded if fitted on the safety assessment. There are many types of TMV the picture shown in fig 1 is an example.



Figure 1

- **Calibrated Thermometer.** This device is used to record the water temperature of the water in the bath and coming from a shower head. Figure 2 shows the thermometer model that should be used to measure the temperature on all bathing and washing activities. Figure 3 shows the rear of the thermometer and the model number.

Figure 2



Small Blue  
Reset button

Figure 3

There are other types of control measure such as specially designed baths with built in temperature control that may be required for special situations.

This thermometer product code is **KT396** and is available from [www.nobleexpress.co.uk](http://www.nobleexpress.co.uk)

## 2.4 Calibrated Thermometer.

The calibrated thermometer is held at West Kirk, Kilmarnock and service thermometers are brought to the office for calibration. The thermometer pictured below is used to calibrate the service thermometer used to measure the bathing temperatures. This thermometer is sent away for calibration and certificate will be issued by the calibration company



Figure 4

This thermometer product code is **TT6K** and is available from [www.martindale-electric.co.uk](http://www.martindale-electric.co.uk)

## 2.5 Setting up the bathing activity

The calibrated thermometer should be used as soon as the bathing activity takes place and a record of the temperature recorded is made on the official temperature recording document – Appendix 4.

### Bathing Assessment Process

**Step1.** Carry out a Bathing Safety Assessment for the individual being supported and taking into account their mobility, capabilities, any medical conditions, the bathing area and equipment in place and any control measures already in place.

**Step2.** If the person we support is not at risk of scalding then file the safety assessment and review annually if something changes. That might increase the risk.

**Step3.** If the person we support is at risk of scalding then measure the temperature of the BATH water before allowing or assisting someone into the bath and record the bath water temperature on the record on the form – **Appendix 4**

**Step4.** If a TMV is fitted and working correctly then this is a good situation. If a TMV is not fitted then the landlord, housing association, local authority, council or guardians should be informed of our safety assessment findings. A request for a TMV to be fitted as a control measure should be made in writing. There is a template form for writing to the councils etc. in **Appendix 3** and a template letter for writing to a guardian in **Appendix 2**.

The response to the request may vary and some will agree to install a TMV, some will carry out their own risk assessment and some may just say no anyway. If there response is that a TMV will not be fitted, this should be escalated to your line manager for this to be pursued further.

**Step5.** Review the safety assessment if something changes that will affect the health and safety of the people involved, if legislation dictates a change or on an annual basis.

**Step6.** The calibrated thermometer should be calibrated once every twelve months the calibration process is in section 2.9 of this guidance document.

## 2.6 Formally requesting TMV's to be fitted

### Local Authority

- If a TMV has not been fitted then the **local authority** and they usually have a Care Manager, should be contacted about having a TMV fitted, we must make the request in writing and stating clearly that our safety assessment has identified the need for this control measure to be installed.
- The **local authority** may give their approval or decide to carry out a safety assessment themselves.
- We **must** ask for confirmation of their decision in writing for our records and this should be kept in the service folder.
- If they give their approval then we should ask when the TMV is going to be installed.
- When the TMV has been installed it should be recorded on the temperature recording document that the TMV has been fitted and the temperature it has been set at.
- If the **local authority** decides not to fit a TMV or repeatedly fails to respond to your request then this should be escalated to your line manager so that it can be pursued further.

### Housing Associations

- We should carry out a bathing safety assessment as normal.
- We should advise the landlord, housing association or council that as part of our safety assessment that we advise that they have a TMV fitted. Again this should be confirmed in writing using the letter in **Appendix 3** which includes an explanation of why a TMV should be fitted.
- If they give their approval then we should ask when the TMV is going to be installed.
- When the TMV has been installed it should be recorded on the temperature recording document that the TMV has been fitted and the temperature it has been set at.
- If they don't give their approval then this should be recorded in the health & safety folder.

### Home Owner/Guardian

- We should carry out a bathing safety assessment as normal.
- We should advise the **home owner or guardian** that as part of our safety assessment that we advise that they have a TMV fitted. Again this should be confirmed in writing **Appendix 2** with an explanation of why a TMV should be fitted.

- It is entirely up to the home owner or guardian to decide to fit a TMV and we are only advising of the fitting of a TMV.

## 2.7 Checking if a TMV is working correctly

If a TMV is fitted then once a month when we run a bath for the person we support we should check the water coming from the hot tap and record the temperature of the water produced by the TMV on the form in **Appendix 5**. If the water is above or below the preset temperature then this should be reported to the landlord, housing association or council authority.

## 2.8 Showering

All new showers sold since 2010 have a thermostat fitted to reduce the risk of scalding. However this type of shower may not be appropriate if the maximum temperature is above the maximum temperature recorded in the risk assessment of the person we support. This is especially the case if the person being supported has the capability to increase the temperature by themselves and this therefore increase the risk of scalding to that person.

There is a new type of electric shower that has been specifically designed for the circumstances where someone is at risk of being scalded. The showers are approved by the BEAB Care mark and RNIB as suitable for this type of circumstance. The BEAB Care marked or RNIB shower is the type of shower that should be used to minimise the risk of scalding and should be pursued with the local authority or landlord to have this type of shower fitted if required.

## 2.9 Calibration of thermometers

The thermometer used as part of the bathing support should be calibrated every **12 months** or if a fault develops with the thermometer. The calibration details and results should be filled in on the thermometer calibration log in **Appendix 6**.

The **yellow Martindale thermometer TT6K** is required to be calibrated every **12 months** by a calibration company, who will provide a certificate of calibration that needs to be retained for audit and inspection purposes.

## 2.10 Thermometer Calibration Procedure

### Equipment and materials needed.



Figure 5

1. **Blue and white thermometer used in supported service.**



Figure 6

2. **Yellow calibrating thermometer from office.**
3. **Container suitable for containing hot or freezing water that will not topple.**
4. **Some ice cubes if calibrating using freezing water.**

**Step1.** Switch on both thermometers and leave for 3 min's to adjust to room temperature

**Step2.** Pour water (Hot or freezing) into a container **be careful of being scalded or burns from ice cubes.**

**Step3.** Place **both** thermometer probes into the container for around two minutes **ensuring they don't touch the sides of the container. Remember to remove the white cap from the white thermometer.**

**Step4.** Check the temperature readings from both thermometers and they should be within plus or minus 1.1 °C of each other. If the readings are within the limits then the calibration procedure has been completed and you can now proceed to **step 5.**

If the temperatures are not within the limits then press the small blue reset button (**Fig 3**) on the rear of the blue and white thermometer. This will reset the thermometer (**Fig 5**) and then carry out **steps 2 & 3** again.

If the process fails again then replace the batteries and carry out **steps 2 & 3** again.

If the test fails for a third time then replace the thermometer with a new thermometer of the same model.

**Step 5** Record the actual temperatures, date and initials of person performing the calibration on the Thermometer Calibration Log in **Appendix 6.**

## APPENDIX 1                      Bathing/Showering & Washing Checks for Consideration.

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Checklist of items to consider when helping someone with a bath/shower/washing

### 1. Heat/light/ventilation

- Can you see what's happening?
- Steam – increased likelihood of slipping?

### 2. Manual Handling

- Helping people into and out of the bath/shower
- Helping people whilst in the bath/shower
- Ergonomics and space in the area
- Getting dressed – better elsewhere?

### 3. Dignity/Privacy

### 4. Slips/trips

- In and out of the shower / bath
- Moving around the house before /after bathing
- Lotions and potions used, do these increase likelihood of a slip/trip?

### 5. Bathing independently / having some support or total support

- Health issues that affect whether the person bathes alone
- Safety / back-up when bathing alone. What would happen if...
- Promoting the person's dignity if staying with the person

### 6. Infection control

- Personal Protective Equipment
- Towels / flannels
- Personal Hygiene for staff member
- Legionella control

### 7. Scalds

- water temperature
- Any particular needs of the person re. Skin etc. that needs a lower temperature?
- TMVs (Thermostatic Mixer Valve. is there one fitted, how do we know that it is working?)
- Checking the temperature, recording the temperature
- Checking the thermometer is working properly (calibration)

## **APPENDIX 2      Letter to Guardian, reference TMV fitting.**

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To whom it may concern,

I would like to bring to your attention, The Partners for Inclusion strategy in striving to continually improving health & safety both in the home and the workplace.

Part of this strategy is looking in particular at bathing in the home where the injuries due to scalding can be a risk.

The government has amended the building regulations in 2010 for all new build properties to include the fitting of TMV'S which is a temperature mixing valve that is designed to protect people from being scalded by hot water. The fitting of the TMV will reduce the risk of scalding and is a good step towards reducing the number of people who receive scalding injuries.

The regulations are not retrospective to properties built prior to the amended building regulations and there is no obligation for the TMV to be fitted to properties built before the regulation changes.

However in order to reduce the risk of being scalded I would advise the fitting of a TMV to reduce the risk of scalding in the home.

If you have any questions or are in need of help with this then contact your support worker.

Yours Sincerely

## APPENDIX 3      Letter to Person in Control of premises, reference TMV fitting.

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Date:

To whom it may concern,  
Partners for Inclusion provides support services at the following  
address.....

I wish to advise you that Partners for Inclusion have carried out a bathing safety assessment for the above address. Hot water has been identified as a hazard which poses a risk of scalding.

There are currently no suitable control measures on the hot water system to reduce the risk to an acceptable level.

The Partners for Inclusion safety assessment has identified the need to fit a TMV in the property as a control measure to reduce the risk of scalding.

The premises were built prior to the introduction of the Building Regulations 2010 where TMV's are required as standard and therefore doesn't have a TMV fitted.

As .....is responsible for the aforementioned premises we are writing to you to inform you of this hazard and request a TMV is fitted to the property to reduce the risk of scalding.

Can you please advise of your response to this request.

Yours Sincerely







