

Energy Conservation: Laundry

Before you begin, remember to:

1. Use controlled breathing (breathe in through your nose and breathe out through pursed lips) during laundry.
2. Coordinate your breathing with movement (exhale during exertion)
3. Take rest breaks as needed.
4. Use oxygen as prescribed during the entire activity.

When carrying laundry, avoid heavy loads:

- Use a wheeled laundry basket or if you have a rollator, place bag/basket on top.
- If you have stairs, push full laundry bag down stairs, and drag to laundry room (instead of carrying).
- Don't overfill laundry bags. Wash small loads throughout the week to avoid washing many/large loads all at once.

If sorting clothes, consider which option works better for you:

- Sort clothes on a raised surface (while sitting, if possible).
- Sort clothes as you undress – e.g. separate hampers for dark/light.

When transferring clothing, avoid bending and reaching:

Adjust working height:

- Top loading: place bag/basket on raised surface.
- Front loading: sit on a stool.

Use small arm movements:

- Grab one or only a few items at a time.
- Slowly, feed large items (e.g. sheets) using small arm movements.
- Use a long-handled reacher for light items.

Conserve energy when hanging/folding laundry:

- Fold clothes while sitting or standing at a raised surface.
- If air drying, use a clothesline or rack that is no higher than shoulder height.
- Transfer clothes directly on hanger or a chair from washer to reduce ironing.
- Iron while sitting or try using a steamer instead.

Keep laundry products on easy-to-reach shelves (between waist-shoulder height).

Use scent-free or natural laundry products.

Choose easy-care fabrics (e.g. anti-wrinkle).

If possible, ask for assistance with one or all of the above steps. Consider a family member or a private housekeeper.