

## #E-LIFE HACKS

As we all have more time on our hands, it may be a good opportunity to do some of those tasks we have been putting off around the house! It's also a great chance to learn some new skills ready for when you live independently. So, we wanted to share some top tips for getting to the bottom of the washing basket and eliminating that ironing pile!

# LAUNDRY HACKS

### MAKE SENSE OF LAUNDRY SYMBOLS

#### Laundry symbols checklist

##### Washing labels



Cotton wash at 30°C



Wool wash at 40°C



Synthetic wash at 60°C



Hand wash only

##### Drying labels



Do not dry clean



Do not tumble dry



May be tumble dried with high heat



Do not use bleach

##### Iron settings



Cool



Warm



Hot



Do not iron

Information from the Good Housekeeping Institute

GOOD HOUSEKEEPING

### Know Your Symbols

Look after your clothes by washing, drying and ironing according to the instructions on the labels. Group similar items (and colours) together.



### Don't Overdo it!

Don't overload your washing machine. Wash slightly smaller loads so your clothes can move freely as this will reduce wrinkles.

### Hang Clothes up ASAP

It's very tempting to leave your wet washing sitting in the machine or a basket, but by hanging washing up to dry quickly, you will have far fewer creases. Hang particularly wrinkly clothes on clothes hangers to help the creases drop out!

## Fluffy Towels

There's nothing better than a fluffy towel—if you can, dry towels in a tumble drier to increase their fluffiness. If this isn't possible, avoid hanging them directly on a radiator to dry as this can make them go hard and flat. Some experts advise adding a cap of white vinegar to the wash to disperse any remaining soap whilst others ban fabric softener as this affects absorbency.

## Iron Out Those Wrinkles

- Organise your items from delicate / less wrinkled to sturdy / more wrinkled. Your iron will heat up as you go along meaning you won't need to keep waiting for it to cool.
- Make use of the steam and spray function on your iron as this will make eliminating stubborn creases easier.
- Iron in long parallel strokes in one direction rather than circles to avoid stretching the fabric.
- Clean your iron regularly; a dirty, rusted iron plate can discolour or snag your clothes.



## Prevent mould

Allow items to dry out completely before putting them away. This will help prevent mildew from growing in areas with poor air circulation, such as wardrobes and drawers. Dry your clothes on a clothes rack if you don't have access to a clothes line outside (avoid draping items over wooden objects that will warp when wet). Keep garments separated to allow air circulation and faster drying. Stretchy garments may keep their shape better if dried flat. Place drying clothes near but not directly on a radiator.

## Drying Outside

When you air-dry clothes from a clothesline outside, each type of item should be hung in a particular way so it ends up looking its best.

- **Trousers:** Match the inner leg seams of trouser, and clothes peg the hems of the legs to the line, with the waist hanging down.
- **Shirts and tops:** Shirts and tops should be pegged to the line from the bottom hem at the side seams.
- **Socks:** Hang socks in pairs, pegging by the toes and letting the top opening hang down.
- **Bed linens:** Fold sheets or blankets in half and peg each end to the line. Leave room between the items, if possible, for maximum drying.

