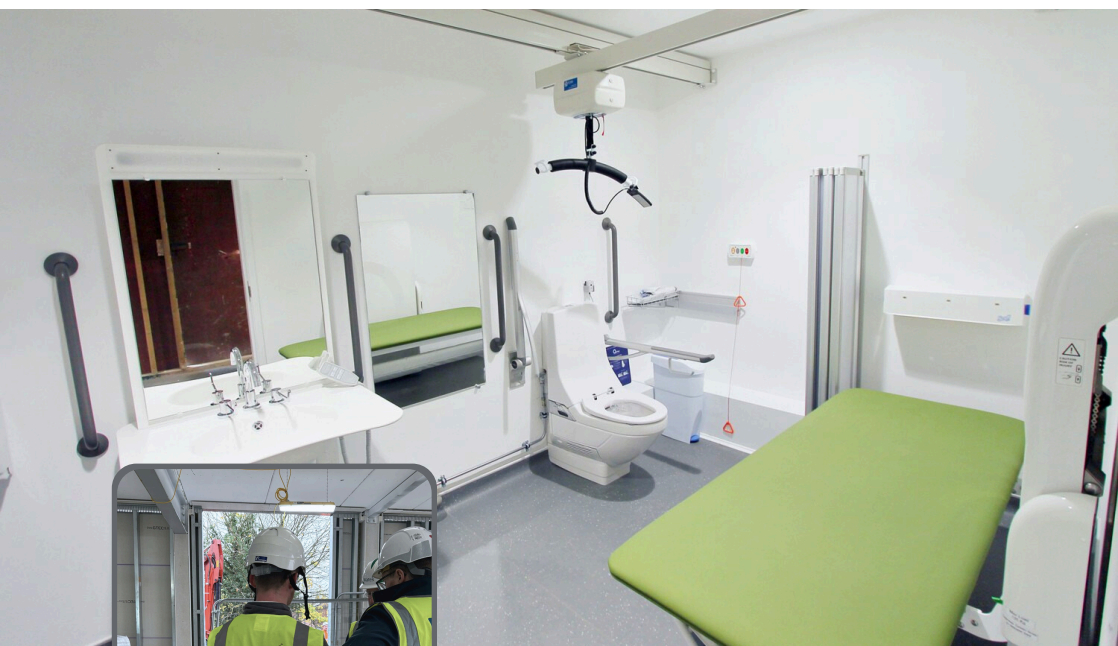


Hygiene Rooms in Schools

A Practical Guide



An essential guide
to Hygiene Rooms
for any school
adaptation.



Welcome

This guide is here to walk you through the entire Hygiene Room planning, design and installation process. From first conversations to finished adaptations - whether you're just installing one piece of equipment, or installing a full Hygiene Room - this is your step-by-step companion.



We Will Help You:

- Understand what a Hygiene Room is and who it is for.
- Know more about the regulations around Hygiene Rooms.
- Learn how to navigate equipment choices.
- Know some of the key design considerations involved.
- Hear from other families who've been through it.

This guide was created by Astor Bannerman as part of our commitment to making school bathroom adaptations easier to understand and more accessible.

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What is a Hygiene Room?

A hygiene room is a specialised facility designed to support individuals with specific hygiene, mobility, and sensory needs - particularly in school environments. These rooms go beyond standard accessible bathrooms and are equipped with features such as:

- Hoists for safe lifting and transfer
- Height-adjustable changing tables
- Space for carers or assistants to move around safely
- Accessible toilets and washbasins
- Sensory-friendly design elements like appropriate lighting and sound control

Purpose in Schools

Hygiene rooms are essential for ensuring that all students - not just wheelchair users - have access to dignified and inclusive toileting and hygiene support. They benefit students who may have:

- Physical disabilities
- Sensory processing challenges
- Medical conditions
- Neurodivergent conditions (e.g. Autism, ADHD)
- Mental health needs, such as anxiety or emotional dysregulation

These rooms promote independence, reduce the need for manual lifting by carers (helping prevent injury), and ensure students can stay clean, engaged, and included throughout the school day.



It has improved the overall experience for our students who need additional support.

Why Install a Hygiene Room?



✓ **Inclusivity for All**

Hygiene rooms recognise that not all disabilities are visible. Many students with hidden needs - like chronic pain, sensory sensitivities, or anxiety - depend on these facilities.

✓ **Dignity and Participation**

They provide a private, respectful space for students who might otherwise be forced to go home or miss out on learning due to toileting needs.

✓ **Support for Neurodivergent Students**

By designing with sensory considerations in mind (e.g. calming colours, quiet fans, natural lighting), hygiene rooms can feel safer and more accessible for those with heightened sensory sensitivity.

✓ **Practical and Cost-Effective Design**

When correctly specified, hygiene rooms help architects and schools:

- Avoid overbuilding
- Stay within space and budget constraints
- Deliver maximum benefit with minimal excess

Installing a hygiene room is not just about compliance - it's about equity, inclusion, and dignity. These spaces enable students with a wide range of needs to fully participate in school life without barriers or stigma. This will also prevent the need to leave the premises having to go home to have their care and toileting needs met if the school doesn't have the necessary equipment.

Space Requirements and Considerations



In a **primary school**:

→ The hygiene room should be a min of **9m²**, and include a changing table and accessible WC (unless this is included in an adjacent accessible toilet).

In a **secondary school**:

→ The hygiene room should be a min of **12m²**, and include an accessible shower, sluice toilet and changing trolley.

Space can often be found or adapted in the smallest of areas with careful considerations being made for practical reasonable adjustments, assessing which equipment is necessary or relevant.

Creative solutions can often be found when exploring space limitations, for example, a fold down changing bench can often provide a simple solution when floor space is limited.



Funding

The UK government provides funding for school equipment, with options including the *Specialist Equipment Allocation (SEA)* for T-Levels, capital funding to improve buildings and facilities, and the *Devolved Formula Capital (DFC)* for various school needs.

Schools can also apply to the National Lottery for projects, and use subscription services like *Grants 4 Schools* to find other funding opportunities. More info at www.gov.uk/guidance/school-capital-funding.

Always explore what funding may be available within the local authority, Schools Trust and regionally and nationally through grants.



Duty to Install (Guidance and Regulations)

There are two key regulatory documents that inform the requirements and specifications for hygiene rooms in educational settings, along with guidance from the Department for Education (DfE):

BB103 – Area Guidelines for Mainstream Schools

BB103 sets out area and design guidelines for primary and secondary schools. It recommends that Hygiene Rooms be equipped with essential accessibility features. Importantly, these features can often be implemented using individual, modular equipment - such as a mobile hoist or adjustable changing bench - rather than requiring a full Changing Places facility. This gives schools greater flexibility while still meeting students' needs effectively.

BB104 – Area Guidelines for Special Schools

BB104 provides similar guidance tailored to special schools. It recognises that special schools may need more customised hygiene solutions and allows for greater specification of equipment. However, it still makes a clear distinction between Hygiene Rooms in schools and full Changing Places facilities, which are typically designed for wider public access.

These guidelines ensure that schools create inclusive environments that meet regulatory standards while reflecting the specific needs of their students.

Astor Bannerman run CPD training sessions and offer advice on BB103 and BB104. Contact support@astorbannerman.co.uk to start the conversation.



Design Specifications & Considerations

When designing Hygiene Rooms in Schools, there are several key elements to consider in order to make the facilities functional, safe, and inclusive for all students.

Below are nine important factors to keep in mind when specifying accessible bathrooms.

This work should be done in collaboration, and with input from, an Occupational Therapist, as they will be able to provide specialist, specific advice. They will also gain advice from an expert in layout and equipment.

1

Space Requirements

Ensure the bathroom is spacious enough to accommodate students with mobility aids (wheelchairs, walkers, etc.). The room must be large enough for caregivers to assist comfortably while maintaining safety.

2

Location

Position accessible bathrooms in easily accessible areas. Ideally, these facilities should be located near classrooms or high-traffic areas but also maintain privacy for users.

3

Clear Signage

Use large, clear signs to guide students and staff to the accessible bathroom. Include visual symbols and braille for those with visual impairments.

4

Fixtures and Fittings

All fixtures such as toilets, sinks, and mirrors should be mounted at accessible heights or be height adjustable. Install grab rails and other assistive devices that promote independence.

5

Lighting

Adequate and appropriate lighting is essential. Use bright, even lighting to reduce shadows, helping students with visual impairments. Dimmer controls can be considered for users with sensory sensitivities. Refer to *BB104 – 'Lighting in Schools'* for detailed recommendations.

6

Privacy and Security

Incorporate privacy features such as full-height partitions, lockable doors, and private changing areas. Consider sensory needs with softer finishes and non-reflective surfaces.

7 Colour Palette

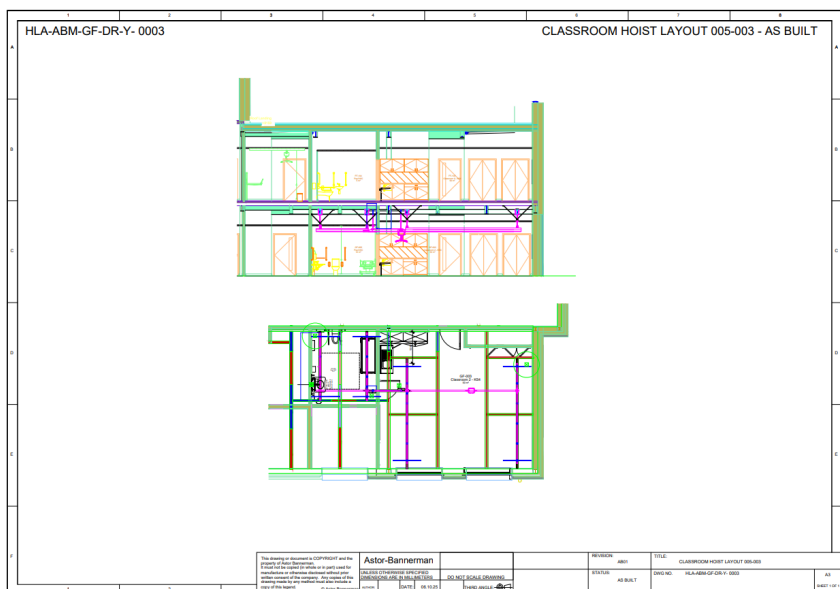
Choosing the right colour palette is essential for a calm or stimulating environment. A balanced palette that uses both bright and calming colours can help with mood regulation, sensory processing, and navigation within spaces. Detailed guidance is available in the *BB103 – 'Area Guidelines for Mainstream Schools'*.

8 Acoustics

Acoustics in a school environment are vital for ensuring effective communication and minimizing distractions. A noisy environment can be overwhelming for students with sensory processing disorders. Incorporating sound-absorbing materials and layouts is advised. For more details, consult *BB104 – 'Acoustics in Schools'*.

9 Sensory Features

Sensory-friendly spaces are a priority. Including tactile elements, calming visual stimuli, and adjustable lighting can help students with autism or sensory sensitivities. Sensory rooms, calming corners, and tactile signage can offer a more inclusive environment for learning.



Choosing the Right Equipment

In hygiene rooms, the right equipment is crucial for both the comfort and safety of students with physical or sensory needs. Detailed guidance is available in the *BB103* – ‘Area Guidelines for Mainstream Schools’. Here is a list of essential products:

Changing Tables

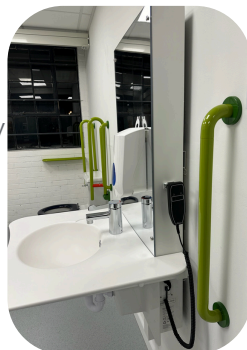
- Wall-mounted tables save space and are more stable for self transfer; mobile ones add flexibility and the option for 2-sided care
- Some models double as shower stretchers (with drainage trays)
- Padding, fabric or solid surfaces offer different levels of support, drainage and comfort
- Check the height range, especially if different carers will be using it, or if self transfer from the floor is an option



Washbasins

Used several times a day, the right washbasin setup is crucial:

- Height-adjustable models offer flexibility and accessibility
- Choose easy-to-use controls - levers, push buttons, or infrared taps
- Integrated mirrors make the space more functional
- Ask about pre-set height options and safety cut-outs for crush prevention
- Options to fit under windows or into tight layouts



Ceiling Hoists

Many adaptations involve installing a wet room or shower:

- Ceiling-track hoists free up the floor and can be built in seamlessly
- Track layouts vary: straight, H-frame, room-to-room, or with turntables
- Slings must be prescribed by an OT to suit the individual person using the hoist

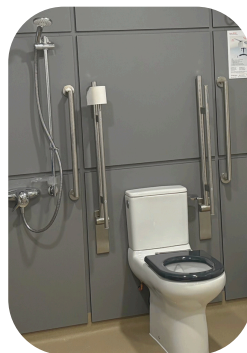


Toilets and Showers

- A level-access shower area removes trip hazards and suits wheelchairs and hoists
- Wall-mounted shower seats or fold-down benches save space
- Grab rails, slip-resistant floors, and enclosed screens help with safety
- Ask about modular shower pods if you need a short-term or quick-install option

Privacy Screens

- Mobile Privacy Screens provide a degree of privacy
- Useful for students who are worried in open spaces
- Great for separating classrooms into different zones



Installation, Training & Servicing

When installing hygiene rooms, it's essential to work with experienced professionals who can ensure proper installation. Regular servicing is also critical to maintain the functionality of equipment like hoists, adjustable tables, and toilets.

Installation

→ Experts will ensure all fixtures and equipment are installed according to safety regulations and meet accessibility standards. It's important to conduct thorough testing before use.

Training

→ CPD sessions and training for school staff ensure everyone knows how to use the equipment safely and assist students effectively. Tailored training sessions can be arranged to fit specific school needs.

Servicing

→ Ongoing servicing and maintenance of hoists, adjustable tables, and other equipment ensure longevity and performance. Regular checks can prevent costly repairs and ensure the safety of all users. Loler testing is required for hoists and changing tables. Service contracts add piece of mind.

Where to Access Guidance, Webinars, CPD Sessions and more

For further resources on designing accessible hygiene facilities, architects and school planners can access the following:

CPD Sessions

Our CPD sessions provide in-depth practical insights for architects. These include topics on selecting appropriate equipment, designing layouts, and ensuring compliance with accessibility standards, with a deep dive into the *DfE Regulations BB103 and BB104*.

Webinars

Join webinars that cover accessible design in schools, focusing on how to meet the needs of students while staying within budget constraints. Experts will walk through case studies, planning strategies, and best practices.

Website Resources

Visit our website for comprehensive guides, product recommendations, and video tutorials on designing inclusive school facilities. You can also download helpful design tools, specifications, and checklists.

By engaging with experts early in the process, architects can ensure their designs meet the highest standards of accessibility, inclusivity, and safety.

Real Stories

These experiences highlight how thoughtful design can transform a school's hygiene facilities, making them not only more accessible but more welcoming for all students.



Story #1: "The difference is remarkable..."

Our school recently renovated our hygiene room, and the difference is remarkable. The ceiling track hoist system has been a game-changer, allowing us to assist students with more complex mobility needs. The space is now not only more functional but also more welcoming, with soft lighting and calming colours



Story #2: "It has improved the overall experience..."

Creating accessible bathrooms in our school has helped make the environment more inclusive. The height-adjustable wash basin and privacy screens have been especially appreciated by both students and staff. It has improved the overall experience for our students who need additional support in the restroom



Story #3: "These facilities really do change lives..."

These facilities really do change lives... I hope that... anyone else coming through the school in the future that is disabled has a really great experience.



How Astor Bannerman Can Help

At Astor Bannerman, we specialise in designing, manufacturing, and installing accessible bathroom equipment - from height adjustable baths and washbasins to hoists and changing tables. We work closely with schools, OTs, and local authorities to make sure each adaptation truly meets the needs of the person it's for.

Whether you're just starting out or already mid-project, we're here to help with assessments, product demos, layout planning, and advice every step of the way.

Want to talk to us about your project or arrange a free equipment demo? Visit www.astorbannerman.co.uk or email us at info@astorbannerman.co.uk - we'd love to hear from you.

Contact Astor Bannerman



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The Easy Read version has pictures and
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New Guide to Home Bathroom Adaptations

Helping disabled people and their families feel confident, informed, and supported



This free guide helps families understand and plan bathroom adaptations - from DFG funding to choosing equipment and working with OTs, builders and suppliers.

There's also an Easy Read version with pictures and simple text.



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We operate a policy of continuous product development and reserve the right to change specifications and designs without notice. All information correct as at October 2025.

