



AGED CARE CLEANING CHECKLIST

RESIDENT ROOM CLEANING

Environmental cleaning is critical to not only protecting residents' well-being but also to preventing the spread of pathogens throughout a facility. The Association for the Health Care Environment (AHE) recommends the below steps to ensure proper cleanliness and process is maintained throughout all healthcare facilities. When cleaning a resident room, begin by cleaning all surfaces in the room, then move to the bathroom and finish by cleaning the floors.

CLEAN LEDGES AND SILLS

- Using the 8-sided fold methodology, use a disposable microfibre cloth or a damp green microfibre cloth per facility practices.
- Use either the dip and wring, pour method or a charging bucket to wet cloth as directed by supervisor.
- Use a damp cloth to clean all ledges and sills as you move around the room.
- Work high to low and in the same direction until all ledges and window sills have been cleaned.

EMPTY AND LINE WASTE RECEPTACLE

- Be careful of any sharp objects such as hypodermic needles that may pierce the plastic liner. Never reach into the receptacle.
- Pull edges of liner bag together, fully closing the liner bag prior to removing from the container. Place the liner bag in the appropriate collection bin.
- Wipe down the container with an EPA-approved disinfectant, ensuring all critical touch areas, including the foot pedal, interior lid, exterior lid and retainer bands are disinfected.
- Insert a new liner bag.

CLEAN BED AND FOOTBOARD

- Use a damp, unused green microfibre cloth to clean.
- Clean the side rails, bedframe and the footboard. If resident is not in room, properly wipe down mattress as well.

CLEAN FURNITURE AND FURNISHINGS

- Use a damp, unused green microfibre cloth to clean.
- Move to the over-bed table and clean it thoroughly, working from the upper surfaces to the lower surfaces.
- Clean the table's surface, the pedestal, base and the casters.
- Damp-dust the chairs being very thorough, cleaning the seat back, legs and rungs.
- Damp-wipe the over-the-bed lamp reflector, hood and other wall fixtures as directed.

SPOT CLEAN WALLS

Only clean walls if visually soiled.

- Use a damp, unused green microfibre cloth to clean.
- Wall mirrors and wall hangings, such as pictures and signs, should be damp-dusted while moving around the unit.
- Pay particular attention to any high-touch areas such as areas around the door sills that are frequently touched.

CLEAN HARDWARE

- Use a damp, unused green microfibre cloth to clean.
- Don't overlook the doorway hardware. This area can become contaminated very easily. Clean the doorknob.
- The kick plate should be cleaned with stainless steel cleaner.



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RESIDENT BATHROOM CLEANING

After properly cleaning and disinfecting the resident room, continue into the resident bathroom.

DISINFECT TOILET BOWL

- Pour a small quantity of bowl cleaner in the toilet bowl water.
- Dip the bowl brush into the toilet bowl water, which is now mixed with bowl cleaner, and move it around all inside surfaces of the bowl including under the rim.
- Let the bowl cleaner stand in the bowl while completing other bathroom cleaning tasks to allow for proper dwell time.

PERFORM HIGH DUSTING

- Visually check and dust if necessary.
- Use a damp duster on the doorframe and door hinges, ceiling vents, lights and tops of mirrors if necessary.

CLEAN SINK AND COUNTER

- Use a damp, unused yellow microfibre cloth for general cleaning.
- Use a damp blue microfibre glass cleaning cloth for bright surfaces.
- Wipe top of the sink and bowl with yellow cloth.
- Clean the counter front and inside sink doors with damp yellow cloth.
- Wipe and polish all faucet handles and all metal fixtures with the blue glass cloth.
- Clean the piping and all the exposed surfaces of the entire unit.

CLEAN TOILET SURFACE

- Use a damp, yellow microfibre bathroom cloth.
- Clean and polish the piping and the flush handle of the toilet.
- Wipe the seat clean as well as the top and the front of the porcelain. Wipe behind and under the bowl.
- Place yellow microfibre cloth in dirty linen bag and do not reuse on other surfaces.

CLEAN SHOWER AND TUB

- Use a damp microfibre pad and spray cleaning solution on tile starting at the top and working to the bottom.
- Clean shower walls, top to bottom, finishing at the drain.
- Wipe the showerhead, taps and other fixtures clean with a damp yellow microfibre cloth.
- Wipe the shower rod, hand rails and shower curtains with a yellow cloth. All areas must be cleaned.

CLEAN MIRRORS

- Use a damp blue microfibre glass cleaning cloth.
- Lightly wet cloth with water and clean mirror from top to bottom.
- Remove fingerprints, splash marks and smudges as needed.

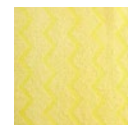
CLEAN WALL SPLASH MARKS

Check and clean if visually soiled/dirty.

- Use damp yellow microfibre cloth to clean walls.
- Clean only the wall areas that need to be cleaned.
- Wipe the grab bars clean and the wall behind the grab bars.
- Dispose of the cloth in the dirty linen bag.

RESTOCK PAPER SUPPLIES AND EMPTY TRASH

- Restock supplies including polyliners, toilet paper, paper towels, folded towels, soap, and personal items.
- When disposing of waste, be careful of any sharp objects that may pierce the plastic liner. Gather the open end with both hands and tie it closed with a knot.
- Flush toilet and exit restroom.



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AGED CARE CLEANING CHECKLIST

RESIDENT ROOM FLOOR CARE

After properly cleaning and disinfecting the resident room and bathroom, proceed back to cart and gather proper dusting and mopping floor care materials. Wet floor care is an essential step in the cleaning process.

DUST MOP FLOOR

- Before dry mopping the floor, check for obstructions stuck to the floor. Use a scraper before beginning dust mopping.
- Use green microfibre 45cm dust pad and begin dust mopping in the corner of the room farthest from the entrance door working backwards.
- Be sure to dust as far under furnishings and beds (without disturbing resident) as possible, always keeping the dust mop on the floor. Pay particular attention to clean in corners.
- When dust mopping in front of restroom, push debris in a pile by door, enter restroom and begin dust mopping in far corner.
- When all dust is pulled to the exit door, pick up with broom and dust pan and dump into cart's waste container.

DAMP FLOOR MOP

- Place wet floor sign in doorway to alert resident, guests and staff of wet floor to help prevent slips and falls.
- Take properly charged blue damp mop from cart and begin mopping in the corner of the room farthest from the entrance door working backwards toward entrance and restroom.
- Be sure to mop as far under furnishings and beds (without disturbing resident) as possible and pay particular attention to clean in corners.
- When in front of restroom door, enter restroom and begin mopping in far corner, again working backwards being sure to mop under all fixtures, sinks and behind toilet/urinal.
- Continue mopping backwards out resident room door.
- Remove damp mop pad and drop into dirty linen bag on cart. Only use one damp mop pad per resident room.

CARPET DISINFECTION

- Begin by plugging in the vacuum cleaner into a centrally located outlet to increase productivity.
- Overlap strokes slightly until the entire area is vacuumed. Make sure to use any helpful accessories to aid in hard-to-reach areas.
- Apply spot cleaner directly to any stains and necessary areas and follow specific label instructions.
- Use a circular motion and apply spot cleaner outside the perimeter of the spot to avoid spreading of the spot.
- Allow time for the area to dry and then use a tapping brush and blot with a white towel to absorb the soil.
- Rinse the area thoroughly with clean water.
- Once the carpet has dried, use the vacuum to remove any remaining residue.
- Launder rugs and door mats regularly according to manufacturers' instructions.

FINAL STEPS

- Upon finishing, be sure to let the resident know that you are finished and remove safety sign if floor is dry. If floor is still wet, proceed to next room and come back to pick up the safety sign.
- Properly doff PPE and perform hand hygiene to ensure contamination is removed and not spread throughout the facility.
- If room is empty, follow procedures to notify supervisor or nurse's station that the discharge unit is now ready for use.



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