



LONG TERM 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 (AHCE) 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 microfiber cloth or a damp **green** microfiber 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** microfiber 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** microfiber 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** microfiber 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** microfiber 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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Long Term Care Housekeeping Manual

D Keegan



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