



## CLEANING RESTROOMS

NOTE: We will assist in the general cleaning of your office; it is up to the individual practitioner to monitor infectious disease control and maintain a sterile environment. We have developed very specific techniques to clean restrooms in a medical building. These techniques are required in order to thoroughly clean the restroom.

The following items are used when cleaning a restroom in a medical complex

- Disposable gloves, face masks, waste basket liners, red bags, soap refills, paper refills, mop bucket, clean mop heads, dust pan, germicidal cleaner, non-acidic bowl cleaner, glass cleaner, stainless steel cleaner, fresh cloths, toilet bowl brush, deodorizer, high duster
- Use disposable gloves and a face mask
- Remove Trash
  - Trash should be treated as biohazard waste and therefore should be in red bags
  - Pick up any trash that may have fallen to the floor
  - Never push trash further into the waste basket
  - Remove the liner so it does not touch the cleaning specialist
  - Tie the bag shut and put into a cart designated for infectious waste
  - Remove gloves and place into the infectious waste container
  - Wash hands thoroughly and use new gloves
  - Wash waste baskets inside and out using a germicidal cleaner and dried with a paper towel
  - Place a new red liner into the basket
- Disinfect the Toilet Bowl
  - Lift the seat and flush the toilet
  - Pour bowl cleaner into water and scrub toilet
  - Take care to clean each water portal
  - Allow the cleaner to dwell for 10 minutes
  - Remove brush and treat with a germicidal solution
- Remove and Discard Gloves, Wash Hands, and Don New Gloves
- Dust and Clean Vents
- Perform High Dusting
  - Ceiling borders, hinges, door frames, lights, and tops of mirrors
- Clean the Sink and Counters
  - Spray cleaner into the sink
  - Rub the sink over the inside and top
  - Wipe the bowl and top clear of cleaner
  - Metal faucets wiped clean and polished
  - Pick up and clean beneath any items left on the counter
  - Clean counter and surface of cabinets
  - Cabinet doors cleaned inside and out
  - Sink piping is cleaned
- Clean the Shower or Tub
  - Spray with disinfectant and scrubbed from the top to the bottom
  - The soap dish, shower head, and tub fixture are cleaned at the same time
  - Wipe the hand rails with disinfectant
  - Scrub the floor
  - Wipe curtains and check for mildew
  - Wash and re-hung soiled curtains
- Clean Mirrors
  - Use a small amount of cleaner to minimize VOCs



- Wipe with a paper towel
  - Inspect for smears
- Restock Paper and Supplies
  - Open the paper towel dispenser and remove any jams
  - Replace the paper
  - Close and test for operation
  - Refill soap and test for operation
  - Check the toilet paper
  - Wipe the dispenser clean
  - Leave an extra roll of toilet paper
- Clean Toilet Outer Surfaces
  - Spray top and underside of the toilet seat with disinfectant and wipe clean
  - Repeat for all surfaces behind and under the bowl
  - Polish toilet piping and handle
  - Flush the bowl cleaner
- Clean Splash Marks from Walls
  - Clean spot marks with damp cloth and germicidal cleaners
  - If spot is large, clean the entire wall
- Remove Soiled Towels and Replace with Clean Ones
  - As needed
- Clean Switch Plates, Door Knobs, and Towel Dispenser
  - Use a disinfectant and damp cloth
  - Check that surfaces are shiny and spotless
- Dust-mop Floor
  - Use a putty knife to remove sticky obstructions
  - Clean floor boundaries and corners first, then clean from the center from right to left
  - Keep the mop head on the floor until cleaning is complete
  - Place mop head in a bag to be cleaned at a later time
- Wet-mop Floor
  - Mop using a cleaning solution and water
  - Avoid baseboards
  - Place mop head in a bag to be cleaned at a later time
- Odor Control
  - A cap full of enzyme in the drains each day