

## Health Care Cleaning & Sanitation Procedures Module

### Patient Restroom <sup>1</sup>

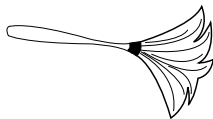
#### Patient Restroom Cleaning Steps

- A. Disinfect toilet bowls and urinals
- B. Perform high dusting
- C. Clean sink and counter
- D. Clean shower and/or tub
- E. Clean mirrors
- F. Re-stock paper and soap supplies
- G. Clean wall splash marks
- H. Empty and insert plastic liners in baskets
- I. Dust mop floor
- J. Wet mop floor
- K. Place "Wet Floor" sign in doorway



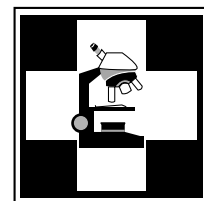
#### A. Step 1 - Disinfect toilet bowls and urinals

- 1) Remove all urinal screens and blocks from respective receptacles and flush before cleaning.
- 2) Evacuate water from bowl. Using a bowl mop, force water over the trap.
- 3) Apply toilet bowl cleaner and disinfectant to toilet and urinal interiors only. Allow disinfectant cleaner to stand while other cleaning tasks are completed.
- 4) Clean toilet bowls and urinals - inside
  - a. If required, add an additional ounce of toilet bowl cleaner and disinfectant to bowl mop prior to cleaning.
  - b. Clean the rim and waterline areas carefully and move into the exposed trap area.
  - c. Check under rim for missed mineral deposits and rust stains with lip light.
  - d. HINT: Acid bowl cleaners are required for mineral deposits and rust. Routine cleaning can include non-acid cleaner disinfectants.
- 5) Clean toilet bowls and urinals - outside
  - a. Spray outside and bottom surfaces with non-acid disinfectant solution and wipe.
  - b. Wipe toilet seat with non-acid disinfectant solution.



#### B. Step 2 - Perform high dusting

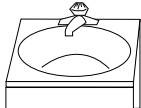
- 1) This includes high dusting of the door frame and door hinges, ceiling vents, lights, and tops of mirrors.



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#### C. Step 3 - Clean sink and counter



- 1) Start by spraying a small amount of cleaner in the sink.
- 2) Rub the cleaner around the top and inside of the sink.
- 3) Wipe the bowl and top of the sink dry.
- 4) Wipe and polish all metal fixtures and faucet handles.
- 5) Take your cloth dampened in the germicidal solution and wipe the countertop, being careful to clean under personal items left by the patient. Clean under the items and place them back in a neat arrangement. Clean the counter front, inside sink doors, the piping, and generally all the exposed surfaces of the entire unit.

#### D. Step 4 - Clean shower or tub



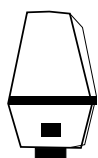
- 1) Spray the tile and rub the disinfectant cleaner around all shower walls, starting at the top and working your way to the bottom. Do not forget to clean the soap dish.
- 2) Wipe the shower head, faucet handles, and other fixtures clean.
- 3) Do not forget to wipe clean the shower rod, handrails and shower curtains. All areas must be cleaned. Wipe the shower floor clean to complete the task.

#### E. Step 5 - Clean mirrors

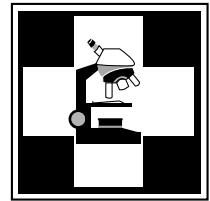


- 1) Use glass cleaner sprayed directly onto the mirror and wipe clean with your cloth or a paper towel. Remove fingerprints, splash marks and smudges.

#### F. Step 6 - Re-stock paper and soap supplies



- 1) Start with paper towels.
- 2) Your supervisor will give you the necessary keys needed to open and re-load paper towel dispensers.
- 3) Make sure you have the proper size and type of paper towels to fill the dispenser you are servicing. Open the dispenser door and remove the paper towel wrapper. Be careful that the bottom fold of the new paper towels is in its proper place; otherwise the dispenser will jam.
- 4) Once re-loaded, close and lock the cover.
- 5) The job is finished by removing one towel to insure another will take its place.
- 6) Refill the soap dispenser. Then, close the cover and wipe clean the entire unit.
- 7) Do not forget to replace the used bar soap with a new one.
- 8) Next, check the supply of toilet paper. It is necessary to replace the old roll with a new one.
- 9) An important key point to remember is to wipe the toilet paper holder clean before re-loading with a fresh roll of paper.
- 10) The new roll is inserted with the fold over the top toward the toilet seat.



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#### G. Step 7 - Clean wall splash marks



- 1) Clean walls with your cloth dampened in germicidal cleaner. Clean only the wall areas that need to be cleaned. If the wall needs thorough cleaning, clean the whole wall.
- 2) Clean the towel dispenser with disinfectant cleaner and a clean cloth.
- 3) Wipe the grab bars clean as well as the wall behind these grab bars.
- 4) Be sure also to clean door knobs and all switch plates in the restroom.

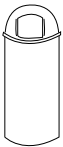
#### H. Step 8 - Empty and insert plastic liners in wastebasket



- 1) Start by picking up loose debris around the basket, such as paper towels.



**Danger: Needles May Be In Trash!**



- 2) Be very careful how you remove any liner containing the trash. The liner is made of plastic and it is very easy for a needle to poke through.
- 3) You must be very careful not to allow the liner to brush against your body, for obvious reasons. Start by folding the liner off the basket sides. Touch only the top of the liner. Lift the liner well clear of your arms and body, tie it closed, and dispose in the trash cart.
- 4) Take your cloth, dampened in germicidal solution, and clean the entire basket in and out. This is a key point and is often overlooked.
- 5) Now you're ready to re-line the basket. Folding the liner over the top neatly completes this task. Some hospitals will place spare plastic liners in the bottom of the basket before a new liner is inserted in the basket. Your housekeeping supervisor will go over the exact procedure set for your hospital.

#### I. Step 9 - Dust mop floor

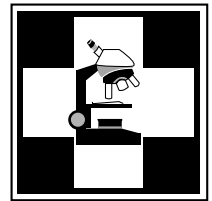


- 1) Before you dust mop, check the floor for obstructions like gum stuck to the floor. Use your scraper to remove the gum before you begin dust mopping.
- 2) Work the dust mop over the floor area in a pattern around the room.
- 3) Keep the dust mop head on the floor, working it into the corners and edges to pick up the loose dust. Place the dust mop on your cart.

#### J. Step 10 - Wet mop floor



- 1) Prepare a single bucket of solution while at supply closet.
- 2) The bucket is filled about half full with cool or warm water. A pre-measured disinfectant floor cleaning chemical capsule is added to the water to dissolve and is then mixed with the wet mop head. Your supervisor will explain your exact procedure for mixing chemicals in your hospital.
- 3) To wet mop the restroom floor, dip the mop into the cleaning solution, wring and take mop to the restroom.
- 4) Continue mopping the floor until the floor surface is clean.
- 5) Remember, it is important that the entire floor surface be mopped, including corners and behind fixtures, being careful not to splash or rub against the baseboards.



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#### K. Step 11 - Place "Wet Floor" sign in doorway

- 1) Now is a good time to wash your hands following the handwashing standards set up for your hospital. Protecting your good health is important and must not be ignored.
- 2) This restroom is now clean and ready for use. The next patient to use this restroom will appreciate your cleaning efforts.