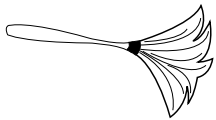


Health Care Cleaning and Sanitation Procedures Module Physical Therapy/Fitness Room ¹ (continued)



PT/Fitness Room Cleaning Steps

- 1) Perform high dusting
- 2) Disinfecting PT/ fitness equipment
- 3) Clean shower or tub, if present
- 4) Clean mirrors
- 5) Clean wall splash marks, grab bars, and other support equipment
- 6) Empty and insert plastic liners in wastebaskets
- 7) Dust mop floor
- 8) Wet mop floor and rubber matting
- 9) Place "Wet Floor" sign in doorway
- 10) Vacuum if carpet is present
- 11) Inspect room
- 12) Clean door
- 13) Remove "Wet Floor" sign
- 14) Wash hands
- 15) Re-stock



A. Step 1 - Perform high dusting

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



B. Step 2 - Disinfecting PT/ Fitness equipment

- 1) Start by spraying a small amount of neutral disinfectant cleaner on the vinyl/naugahide surfaces.
- 2) Wipe the vinyl/ naugahide surfaces dry.
- 3) Wipe and polish all metal fixtures and handles. Clean from the bottom up on all vertical surfaces.



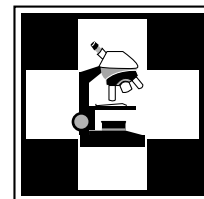
C. Step 3 - Clean shower or tub if present

- 1) Spray the tile and agitate the disinfectant cleaner around all shower walls, starting at the top and working your way to the bottom.
- 2) Wipe the shower head, faucet handles, and other fixtures clean.
- 3) Do not forget to wipe clean the shower room handrails. All areas must be cleaned. Mop the shower floor clean to complete the task.
- 4) If whirlpool tub exists see "Whirlpool Cleaning Procedures".



D. Step 4 - 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.



Health Care Cleaning and Sanitation Procedures Module

Physical Therapy/Fitness Room ¹ (continued)

PT/Fitness Room Cleaning Steps

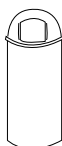


- E. Step 5 - Clean wall splash marks, grab bars, and other support equipment
- 1) Clean walls with your cloth dampened in neutral disinfecting cleaner. Clean only the wall areas that need to be cleaned. If the wall needs thorough cleaning, “see Wall Washing Procedures”
 - 2) Wipe the grab bars clean as well as the wall behind these grab bars and walking track area.
 - 3) Be sure also to clean door knobs and all switch plates in the room.

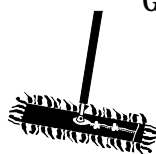
- F. Step 6 - Empty and insert plastic liners in wastebasket

- 1) Start by picking up loose debris around the basket.

Danger: Needles May Be In Trash!

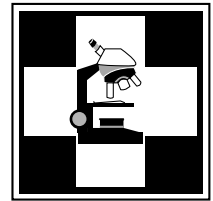


- 2) Be very careful how you remove any liner containing trash. The liner is made of plastic and it is very easy for a needle or sharp objects to poke through.
- 3) You must be very careful not to allow the liner to brush against your body, for obvious reasons. Start by folding the liner off the basket 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.



- G. Step 7 - Dust mop floor

- 1) Before you dust mop, check the floor for obstructions such as gum. 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.



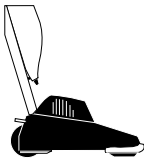
Health Care Cleaning and Sanitation Procedures Module
 Physical Therapy/Fitness Room ¹ (continued)
 PT/Fitness Room Cleaning Steps



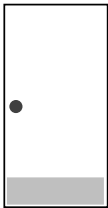
- H. Step 8 - Wet mop floor and rubber matting
- 1) Prepare a single bucket of neutral disinfecting solution while at supply closet.
 - 2) The bucket is filled about half full with cool or warm water. Your supervisor will explain the exact procedure for mixing chemicals in your hospital.
 - 3) To wet 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.



- I. Step 9 - Place "Wet Floor" sign in doorway
- 1) Now is a good time to wash your hands following 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.



- J. Step 10 - Vacuum if carpet is present
- 1) If carpet is present see "Vacuuming"
 - 2) Spot clean if necessary



- K. Step 12 - Clean doors
- 1) Do not overlook the doorway hardware. Clean the door knob as this area is easily contaminated.
 - 2) Use your furniture polish (if door is wooden) sprayed on a clean cloth to clean the door itself. The kickplate should be cleaned with stainless steel cleaner.



- L. Step 11 - Inspect room
- 1) Before you leave, inspect your room according to your checklist, and make sure you did not forget to perform any required cleaning task. If you find an error, correct it at this time.

- M. Step 13 - Remove "Wet Floor" sign
- 1) Remove "Wet Floor" sign when the floor is dry.



- N. Step 14 - Wash hands

- O. Step 15 - Re-stock