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# Guidance for deep cleaning - Care Homes

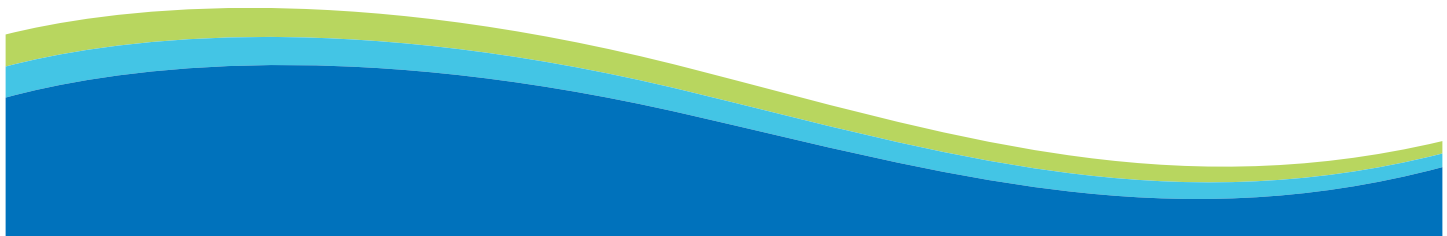
## What is deep cleaning?

Deep cleaning is not routine environmental cleaning that is undertaken daily within the care environment, but is additional cleaning that should be undertaken in the following situations:

- following outbreaks and would involve cleaning - the whole environment
- post discharge, transfer or death of individual service user - single room and ensuite
- when isolation of a service user with a known infection is no longer required - single room and en suite

Deep cleaning is the thorough cleaning of all surfaces, floors and soft furnishings and reusable equipment either within the whole environment or in an individual's room.

### This will include:

- skirting boards, picture and dado rails
  - window sills and frames
  - all ledges, shelves and flat surfaces
  - chairs, including dining chairs
  - pressure relieving cushions and aids
  - bed frames
  - mattresses
  - soft furnishings including curtains and blinds
  - curtain rails and tracks
  - floors and carpets
  - light fittings and lamp shades
  - reusable equipment including catheter stands, urinals, bed pans
  - wheelchairs, zimmer frames, walking aids
  - hoists, including all hoist slings and manual handling aids
  - sinks, toilets, baths/showers plus taps, flush and door handles, raised toilet seats, light pull and emergency pull toggles
  - commodes
  - soap and towel dispensers
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## What equipment is required for deep cleaning?

Care workers and housekeeping staff that are carrying out deep cleaning should wear disposable plastic aprons and household or disposable gloves. The physical removal of dirt and micro-organisms is achieved by wiping or scrubbing using hot water and neutral detergent. Where a disinfectant is required, an appropriate product this will be advised by the Infection Prevention and Control Service.

### Deep cleaning should be undertaken using:

- clean bucket
- clean hot water and general purpose detergent
- colour coded disposable cloths
- floor mop with disposable or washable mop head
- vacuum cleaner fitted with a HEPA filter
- steam cleaner or carpet shampooer

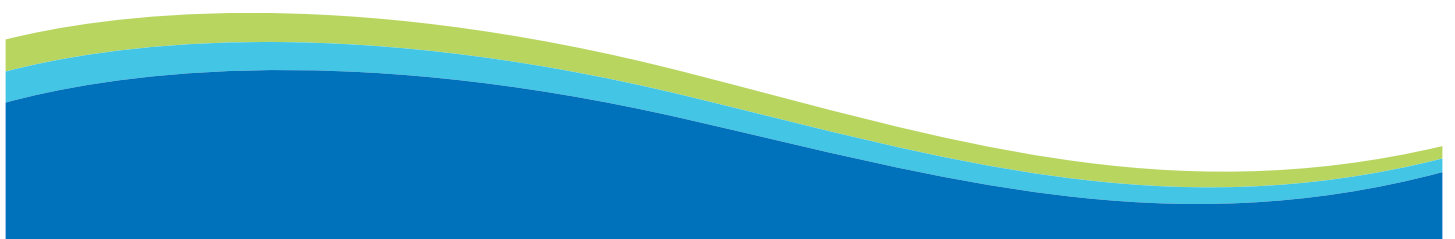
### Deep cleaning procedure:

- wear personal protective clothing (minimum disposable gloves and apron)
- water and detergent solutions, disposable cloths and mop heads used for cleaning should be changed for each episode of cleaning when moving from one environment to another (room to room) and when the water is visibly dirty or contaminated
- remove/dispose of unwanted items (flowers, equipment etc.)
- take down curtains and send to the laundry
- strip the bed. Clean the mattress with detergent solution and disinfect if necessary
- work from the cleanest to the dirtiest areas, starting at the higher levels and working down

### Clean, and disinfect if necessary, the following:

- high level surfaces and curtain rails
- fittings and furniture using detergent and water
- door handles and horizontal surfaces
- service user equipment
- bath or shower room
- toilet/commodes
- soft furnishings should be shampooed or steam cleaned
- carpets should be vacuumed (vacuum cleaners should be fitted with a HEPA filter) and then steam cleaned (preferred method)
- discard waste and clean waste bin
- clean all cleaning equipment and leave to dry

**Following deep clean, dispose of gloves and apron and wash hands.**



## Deep cleaning checklist

| Item description  | Item cleaned? |    | Comments |
|---|---------------|----|----------|
|   | YES           | NO |          |
| Skirting boards, picture and dado rails   |               |    |          |
| Window sills and frames   |               |    |          |
| Skirting boards, picture and dado rails   |               |    |          |
| Chairs, including dining chairs   |               |    |          |
| Pressure relieving cushions and aids  |               |    |          |
| Bed frames  |               |    |          |
| Mattresses  |               |    |          |
| Soft furnishings, including curtains and blinds   |               |    |          |
| Curtain rails and tracks  |               |    |          |
| Floors and carpets  |               |    |          |
| Light fittings and lamp shades  |               |    |          |
| Reusable equipment, including catheter stands, urinals, bed pans  |               |    |          |
| Wheelchairs, zimmer frames, walking aids  |               |    |          |
| Hoists, including all hoist slings and manual handling aids   |               |    |          |
| Sinks, toilets, baths and showers plus taps, flush and door handles, raised toilet seats, light pull and emergency pull toggles |               |    |          |
| Commodes  |               |    |          |
| Soap and towel dispensers   |               |    |          |

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