

SAFETY BASICS *Healthcare Series*

Cleaning Rooms (Wet Method)

Activity: Housekeeping

Description: Work methods and tools to clean residents' rooms with water and chemical products

When to Use: When cleaning with water and chemical products; mopping; and using spray bottles.

For hand tool use: Alternate leading hand; avoid tight static grip and use padded non-slip handles.

For all cleaning: Use chemical cleaners and abrasive sponges to minimize scrubbing force. Use kneepads when kneeling. Avoid bending and twisting. Use extension handles, step stools or ladders for overhead needs. Use carts to transport supplies. Carry only small quantities and weights of supplies. Maintain all equipment regularly. Ventilation of rooms may be necessary when chemicals are used.

Mopping: Alternate styles frequently (e.g., push/pull, figure 8 and rocking side to side). Use rubber-soled shoes in wet areas to prevent slipping. Wheeled buckets should have functional brakes. Use dry mop vs. wet mop to minimize back strain.

Cleaning wheelchairs: Push wheelchair up a ramped platform to perform work at waist height. Spray bottles: Use trigger handles long enough for the index and middle fingers. Avoid using the ring and little fingers.



Safety Basic Health Care Series Information is extracted directly from OSHA safety materials. For additional information consult www.OSHA.gov