



# TIPS FOR AN EFFECTIVE CLEAN

Studies have shown that harmful pathogens can live on surfaces for up to 5 months<sup>1</sup>, thus the CDC describes proper environmental cleaning as a "fundamental intervention for infection prevention and control".<sup>2</sup>

The Association for Healthcare Environment (AHE) recommends the below best practices to help with optimal environmental cleaning and disinfection.

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**2** Clean from the top of the room to the bottom so that microbes and dirt fall to the ground

**1** Clean from the cleanest surfaces in the room to the dirtiest

**3** Clean from the outside walls of the room to the center of the room

**TIP**

## WIPE IN ONE DIRECTION

Circular wiping recontaminates areas, and it ensures the solution is applied to the entire surface

<sup>1</sup> Claro T, Daniels S, Humphreys H. Detecting Clostridium difficile spores from inanimate surfaces of the hospital environment: which method is best?. J Clin Microbiol. 2014;52(9):3426–3428. doi:10.1128/JCM.01011-14

<sup>2</sup> Centers for Disease Control and Prevention. Best practices for environmental cleaning in healthcare facilities in resource-limited settings.

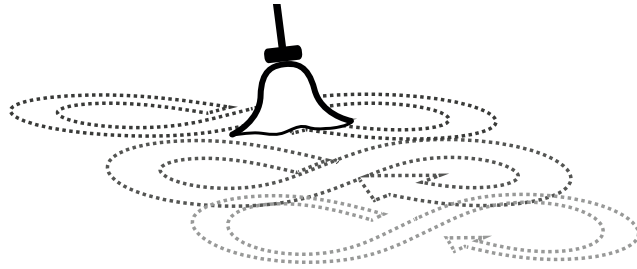
Available from: <https://www.cdc.gov/hai/pdfs/resource-limited/environmental-cleaning-508.pdf> Accessed 7 February 2020



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Floor cleaning is an important step in the cleaning process not only to remove dirt, dust, and debris, but to disinfect the surface where germs are commonly spread throughout a facility.

When cleaning floor surfaces, the 'figure 8' motion is recommended to prevent cross-contamination and keep track of dirty and already cleaned surfaces.



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- 1** Dust mop or sweep area to remove all debris, dirt and large objects from the mopping area.
- 2** For traditional wet mopping, the CDC recommends using sterile wet mops or freshly machine-laundered wet mops.
- 3** Remove the used mop head from the handle and refresh with newly laundered mop per facility recommendations.
- 4** Fill the mop bucket with new diluted floor cleaning solution as recommended per chemical-specified guidelines.



**TIP**

Change the mop after each shift or in high contamination areas such as restrooms to avoid cross-contamination