

Home Cleaning Checklist

Daily cleaning checklist

Daily cleaning should include:	M	T	W	T	F	S	S
Wash dishes using washing up liquid after meals, dry with a tea towel and put away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make beds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deal with your letters. Throw away junk mail and don't let paperwork pile up on the side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clean up any spills and dirt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe the counters in the kitchen and bathroom sink with all purpose surface cleaner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly cleaning checklist

Weekly cleaning should include:	1	2	3	4
Do the laundry. Include washing clothes, bed sheets and towels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vacuum and sweep floors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mop hard surfaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dust all surfaces using polish and a duster	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thoroughly clean the bathroom - get rid of limescale, wipe all the sides using a disinfectant/washroom cleaner and bleach the toilet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Throw out leftover or out of date food from the fridge or freezer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wipe kitchen sides and cabinets using an all purpose cleaner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly cleaning checklist

Monthly cleaning should include:	
Clean your furniture. Vacuum sofas, polish any wood furniture and treat your leather furniture with the correct products	<input type="checkbox"/>
Wash mattress covers, pillow covers and duvets	<input type="checkbox"/>
Clean the inside and outside of the oven using oven cleaner	<input type="checkbox"/>
Wipe down doors and door frames with polish and disinfectant door handles	<input type="checkbox"/>
Wipe, vacuum and wash window sills and frames	<input type="checkbox"/>
Wipe light switches and surround wall areas	<input type="checkbox"/>

When cleaning a care home you need to make sure that you are wearing the correct Personal Protective Equipment, including gloves and aprons. Depending on the task at hand, you may also require overshoes, sleeves, face masks and coveralls.