



GENERAL CLEANERS

HOW TO STAY SAFE



IMPORTANT NOTE: This fact sheet has been developed for cleaners in industries and domestic cleaners.

Current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning of visibly dirty surfaces or frequently touched objects, followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households, businesses and community settings.

The risk when cleaning is not as high as the risk when one is in close contact with a sick person who may be coughing and sneezing. However, employers and employees should still take measures to protect themselves and others.

EMPLOYERS SHOULD:

- Review, update and implement policies and procedures that address COVID-19.
- Develop communication plans for sharing credible information.
- Conduct a risk assessment for the workplace (including workplaces that are homes), to identify exposure risks for workers.
- Provide resources for staff e.g. personal protective equipment like disposable gloves, overalls, face masks and appropriate cleaning materials.
- Staff, including management, must be trained in the effective cleaning processes, appropriate equipment and use of detergents and disinfectants and proper cleaning methods for various areas in a facility, including infection prevention and control.
- All staff should be screened with a symptom questionnaire before entering the workplace.
- Encourage staff to stay at home if sick.
- Ensure HR policies on COVID-19 sick employees are aligned with the country's labour laws and COVID-19 management guidelines.

CLEANERS SHOULD:

- Avoid touching their face, especially their mouth, nose and eyes when cleaning.
- Wear appropriate PPE such as impermeable disposable gloves, when cleaning.
- If reusable gloves are used, the gloves must be cleaned appropriately after use.
- Clean hands immediately after gloves are removed with soap and water for 20 seconds.
- Use alcohol-based hand rub before putting on and after removing gloves if unable to wash hands.
- Wear gloves when handling and preparing cleaning solutions.
- If no gloves are used, wash hands immediately afterwards.
- Remember to check with your employer for any new information on COVID-19.

GENERAL CLEANING PRINCIPLES

- Routine environmental cleaning of high-touch surfaces in public places is an essential part of disinfection.
- Removal of the virus that causes COVID-19 requires thorough cleaning followed by disinfection.
- Do not use compressed air or water to clean potentially contaminated surfaces, as these may aerosolize infectious material.
- Cleaning schedules and procedures must be planned so that cleaning progresses from the least soiled to the most soiled area and from the top to the bottom of a room.
- When cleaning carpeted flooring using a vacuum cleaner, the vacuum cleaner should be fitted with a HEPA filter.
- All areas must be cleaned systematically to avoid missing areas.
- Frequently touched surfaces are a high-risk for cross-transmission and must be cleaned more frequently.
- Attention in cleaning must be paid to both high-touched and low-touched surfaces.
- Only approved detergents must be used for cleaning. Check to ensure the product is not past its expiration date.
- All solutions (detergents and disinfectants) must be diluted according to manufacturer's instructions.
- The use of soap, water and friction is effective, cheap and simple and is the first step in the cleaning process.
- No additives (such as scouring agents, disinfectant, or floor polish) are necessary since this will deactivate the active cleaning ingredients in the detergent. These are usually applied after cleaning has taken place.
- Please ensure that there is good ventilation when using disinfecting products.
- All cleaning equipment such as mops and cloths must be cleaned and allow to dry after use.



**COVID-19 Workplace Preparedness & Prevention
HEALTHY, SAFE & SUSTAINABLE WORKPLACES**

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