

Exercise Room

Code: ANCMF-AU-ACF-ER-01 • Facility: Aged Care Facility • Frequency: daily

Scope of Work

- Dust all surfaces including exercise equipment, windowsills, and ledges.
- Sanitize all exercise equipment handles, seats, and touchpoints.
- Vacuum all carpeted areas and ensure no debris is left behind.
- Mop all hard floor surfaces with a disinfectant solution.
- Wipe down mirrors and glass surfaces to remove smudges and fingerprints.
- Empty and sanitize waste bins.
- Ensure all cleaning activities adhere to infection control protocols.

Method

1. Begin by dusting all high surfaces and work downwards to avoid resoiling cleaned areas.
2. Use a microfiber cloth and appropriate disinfectant to sanitize all equipment touchpoints.
3. Vacuum carpets thoroughly, paying special attention to corners and under equipment.
4. Mop hard floors using a two-bucket system to prevent cross-contamination.
5. Use a glass cleaner to wipe down mirrors and glass surfaces, ensuring streak-free results.
6. Dispose of waste in accordance with facility waste management protocols.
7. Conduct a final inspection to ensure all areas meet cleanliness standards.

Equipment

- Microfiber cloths
- Vacuum cleaner with HEPA filter
- Glass cleaner
- Disinfectant solution
- Mop and bucket with wringer
- Waste disposal bags

Quality Criteria

Performance Level	Criteria
Excellent	All surfaces are free of dust and smudges; equipment is fully sanitized; floors are spotless with no debris; mirrors are streak-free; no unpleasant odors present.
Good	Minor dust on high surfaces; equipment sanitized with minor smudges; floors mostly clean with minor debris; mirrors mostly streak-free; faint odors may be present.
Pass	Visible dust on surfaces; equipment sanitized but with visible smudges; floors have visible debris; mirrors have visible streaks; noticeable odors present.
Fail	Significant dust accumulation; equipment not sanitized; floors dirty with significant debris; mirrors heavily streaked; strong unpleasant odors present.