

## **Maintaining a Clean, Healthy and Safe Environment**

**Satellite Conference and Live Webcast  
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## **Faculty**

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## **Program Objectives**

- Describe general guidelines for housekeeping.
- Describe cleaning products and equipment.
- Describe proper cleaning methods for living areas, kitchens, and bathrooms.

## **Overview**

- Home health aides and home attendants are required to be in the client's home different number of hours per day, depending on the specific needs of the client(s). Whereas both positions are similar in scope, responsibilities are more detailed for one than the other.

## **Overview**

- Home Health Aide – assist clients mainly with light housekeeping and light meal preparation and related light household duties.
- Home Attendant – provide personal care (bath, hair/grooming, etc), vacuum, sweep, mop, dust, clean the kitchen (including oven and refrigerator, clean bathroom, meal planning and preparation). Also included is doing laundry and other needs of the client.

## **Planning and Organizing**

- Planning – allows one to take the guess work out of what is expected.
  - This process can/should involve every one (home health aide, client or responsible party for the client and agency supervisor).
  - This process provides clarification for all involved.

### **Six Steps of Planning**

- 1) Assess the situation and needs of the client.
  - Be realistic about your expectations or what you can accomplish.
- 2) Establish goals.
  - Goals are what you strive to attain.
  - Goals are important because they help you focus your time and energy.

### **Six Steps of Planning**

- Goals should be:
  - Realistic.
  - Specific.
  - Measurable.
  - Compatible for your client.
  - Reflective of your values and integrity.
  - Written (review frequently in order to stay on track).

### **Six Steps of Planning**

- 3) Determine priorities for your goals.
  - What needs to be done – when and frequency.
  - Important but can be done less frequently.
  - Items than “can wait to be done” not important.

### **Six Steps of Planning**

- 4) Create an action plan.
  - Steps you need to take to reach your goal.
  - Put a target date for completion next to each goal (daily, weekly, bi-weekly, etc.).

### **Six Steps of Planning**

- 5) Make choices about how to reach goals and priorities.
- 6) Make a back-up plan for the unexpected.
  - Be flexible.
  - Anticipate crisis:
    - Is there a plan if health aide has personal illness, sick children, car problems, etc.?

### **Organizing**

- Organizing is the process of developing structure whereby tasks are performed in a manner to obtain optimal results.
  - Use a notebook (loose leaf preferably) small enough to carry with you at all times (house, store, doctor, etc). The notebook becomes your master list and easy to edit when dates, time, activities of client changes.

### **Organizing**

- Choose a notebook with the pockets in front and/or back to hold small calculator, and buy right size loose leaf paper and dividers to fit.
- Identify categories you wish to include in the notebook relevant to your client's care such as:
  - Telephone number(s).
  - Doctor's appointments (dates/times).
  - Addresses.
  - Errands.
  - Special diet and medication needs, etc.

### **Organizing**

- Hang a monthly calendar in the kitchen or other open area of the house that can be seen throughout the day.

### **Organizing**

- Simplify errands:
  - Keep a running list of groceries and household supplies needed.
  - Group errands so that you can accomplish several in one trip.
  - Patronize stores near client's residence.
  - Eliminate unnecessary trips – accomplish as many errands on one trip, saves time, money, and energy.

### **Organizing**

- Chores:
  - Most small chores can be accomplished in bits and pieces of time.
  - What can be done in 5 minutes:
    - make appointment, water house plants, sew on a button, etc.
  - What can be done in 10 minutes:
    - make list, hand wash small pieces of delicate clothes, dust, etc.

### **Organizing**

- Chores:
  - What can be done in 30 minutes:
    - vacuum 3-4 rooms, mop floor, clean bathroom, wash load of clothes, iron, prepare light meal, etc.
  - Make it a habit to return everything to its proper place after completing a task.
  - Tackle big tasks a bit at a time.
  - Never put off tasks – this could cause a back load hard to catch up with.

### **Cleaning Products, Tools and Equipment**

- In as much as home health aides and related staff are working with older persons or clients that are sick or immune suppressed, they should not mix chemicals for cleaning.
- The skin serves as the doorway to the body. Protective gear (gloves and masks, etc) are necessary to avoid short or long-term problems from handling cleaning chemicals or supplies.

## Cleaning Products, Tools and Equipment

- One chemical that appears in many degreasers, carpet spotters and general purpose cleaners, as well as glass cleaners which is dangerously absorbed into the skin unless gloves are worn is BUTOXYETHANOL. It is a very good solvent but it poisons the kidneys, liver and causes pregnancy problems with frequent and unprotected use.

## High Risk Products

- Toilet cleaners with hydro-chloric acid.
- Metal cleaners with perchloroethylene.
- Carpet spotter with perchloroethylene.
- General purpose cleaner with butoxy-ethanol, sodium hydroxide and ethanol-amine.

## High Risk Products

- Floor finish stripper and baseboard stripper with butoxyethanol, sodium hydroxide and ethanolamine.
- Glass cleaner with butoxyethanol.
- Sanitizing or disinfecting agents, especially those containing bleach.
- Mixing bleach with other chemicals may create chlorine gas that can kill you.

## What Cleaners Have The Most Risks?

Product Type	Hazardous Ingredients	How These Can Harm You
Glass Cleaner Gen. Purpose Cleaner Carpet Spot Cleaner	A solvent called Butoxyethanol	Butoxyethanol absorbs thru your skin and poisons your blood, liver & kidneys. Wear gloves!
Toilet Cleaner	Hydrochloric Acid Phosphoric Acid	These acids are very good for removing hard water rings but can blind you in seconds. Wear goggles & gloves or use a milder product
Oven cleaner Heavy Duty Degreaser	Sodium Hydroxide	Oven cleaner in spray can is convenient but dangerous. Harms eyes & lungs. Wear gloves –need ventilation

## Personal Cleaning Products

- Bar soaps or gels – for cleaning the hands, face and body. They may moisturize the skin and/or kill or inhibit bacteria that can cause odor or disease.
- Liquid soaps – for cleaning hands or body, may feature skin conditioners, and some contain antimicrobial agents that kill or inhibit bacteria that cause odor or disease.
- Heavy duty hand cleaners – bars, liquids, powders, and pastes for use on greasy dirt. May include abrasive.

## Laundry Detergents and Aids

- Laundry detergents/aids are available as liquids, gels, powders, sticks, pumps, sheets, and bars.
- They are either general purpose or light duty. General detergents are suitable for all washable fabrics.
- Liquids work best on oily soils for pretreating soils and stains.
- Powders are especially effective in lifting out clay and ground-in dirt.
- Light duty detergents are used for hand or machine for lightly soiled and delicate fabrics.

### **Laundry Detergents and Aids**

- **Bleaches** (chlorine and oxygen) – whiten and brighten fabrics and help remove stubborn stains. They convert soils into colorless, soluble particles that can be removed by detergents and carried away in the wash water. Liquid chlorine bleach disinfects and deodorizes fabrics. Oxygen (color safe) bleach is more gentle and works safely on all washable fabrics.
- **Other aids** include bluing, absorbs the natural yellowing of many fabrics. Use in rinse water.

### **Other Laundry Aids**

- **Boosters** – enhance soil and stain removal, brightening, buffering and water softening performance of detergents. They are used in the wash in addition to the detergents.
- **Fabric Softeners** – liquid to be added to the final rinse or sheets to the dryer. They decrease static cling, wrinkles and drying time of clothes, and give clothes a pleasant fragrance, also makes ironing easier.

### **Other Laundry Aids**

- **Enzyme presoaks** – used for soaking items before washing to remove difficult stains and soils. Added to the wash water, they increase cleaning power.
- **Starches, fabric finishes and sizing** – used to give body to fabrics, make them more soil resistant and easier ironing.
- **Water softeners** – when added to the wash or rinse, inactivate hard water minerals. Since detergents are more effective in soft water, these products increase cleaning power.

### **Dishwashing Products**

- **Hand dishwashing detergents** – remove food soils, hold soil in suspension and provide long lasting suds that indicate how much cleaning power is left in the wash water.
- **Automatic dishwasher detergents** – not only remove food soils and holding them in suspension, they tie up hardness minerals, emulsify grease and oil, suppress foam and help water sheet off dishes.

### **Dishwashing Products**

- **Rinse agents** – in addition to automatic dishwasher detergent, improves draining of water from dishes. Minimizing spotting, filming and enhances drying.
- **Film removers** – remove build-up of hard water film and cloudiness from dishes. Used instead of an automatic dishwasher detergent in a separate cycle or together with the detergent.
- **Lime and rust removers** - remove lime/rust from the inside of dishwasher. Used with no dishes or other dishwasher products.

### **Household Cleaners**

- **Household cleaners** are available as liquids, gels, powders, solids, sheets and pads for use of painted, plastic, metal, porcelain, glass and other surfaces, and on washable floor coverings.
- **All-Purpose Cleaners**: loosen soil, soften water and prevent soil from redepositing on the cleaned surface. Some disinfect.

### Household Cleaners

- **Abrasive Cleaners:** remove heavy accumulations of soil found in small areas. The abrasive action is provided by small mineral or metal particles, fine steel wool, copper or nylon particles.
- **Specialty Cleaners** – designed for the soil conditions found on specific surfaces such as glass, tile, metal, ovens, carpets and upholstery, toilet bowls and in drains.
- **Read labels on all cans or containers before using the product to insure safe usage.**

### CAUTION-WARNING-DANGER!

#### What do they mean?

<b>CAUTION or Warning</b> (indicate a mild hazard)	•Signal word usually found on cleaning products; Products not likely to cause permanent damage as a result of accidental exposure if appropriate first aid is given. Many automatic dishwasher detergents/all-purpose cleaners/disinfectants fall into this category
<b>DANGER</b> (indicates that greater precaution should be taken)	•Signal word most often found on specialty products intended for tough jobs, such as oven cleaners or drain openers; Accidental exposure of the eye or skin to the undiluted product or swallowing the undiluted product could cause long-term damage; May be found on products which could ignite if exposed to open flame.

### Poison

- **Poison** which rarely appears on household cleaning products, is the strongest indication of hazard and means that accidental exposure could cause severe medical effects.

### Why Is Hand Washing Important?

- Hand washing is one of the most important steps to stop the spread of infection.
- **Critical times to cleaning your hands:**
  - Before and after meals and snacks.
  - Before and after preparing food, especially raw meat, poultry and seafood.
  - After using the restroom.
  - Before and after caring for the sick.

### Why Is Hand Washing Important?

- **Critical times to cleaning your hands:**
  - When hands are dirty.
  - After touching animals.
  - Sneezing, blowing your nose or coughing.
  - Touching a cut or open sore.
  - As often as needed.

### Proper Hand Washing Hygiene (Using Water):

- Wet hands with warm, running water prior to reaching for soap.
- Move hands away from the water, add soap and make a lather by rubbing hands together.
- Be sure to wash the front and back of hands, between fingers, around and under nails for a minimum of 15 seconds (30 seconds ideally).
- Rinse hands thoroughly with a clean paper towel or cloth towel or air dryer.

### **Proper Hand Washing Hygiene**

(Using Hand Sanitizers/Wipes):

- Use one or two pumps of product.
- Rub hands together briskly, including the front and back, between fingers, around and under nails until hands are dry.
- **WIPES:**
- Wipe all areas of hands until they are visibly clean.
- Use one or more wipes and dispose in an appropriate trash container.
- Let hands air dry.

### **Four Sets Of Tasks Of Household Cleaning Chores**

- Dusting and straightening:
  - Dusting is probably a once-a-week chore, while straightening may be necessary a few times a day.

### **Four Sets Of Tasks Of Household Cleaning Chores**

- Cleaning floors and rugs:
  - With the exception of wood floors, which should be cleaned with a mixture of vinegar and water, floors can be washed with warm sudsy water after loose dirt has been swept away. Wet floors are slippery so they should be dried quickly to avoid accidents. Rugs and carpets should be vacuumed weekly.

### **Four Sets Of Tasks Of Household Cleaning Chores**

- Cleaning the kitchen:
  - Particular attention should be paid to cleaning food preparation surfaces, storage areas and the refrigerator. Dishes should be washed in hot, soapy water, rinsed in hot water (boiling water if someone in the house has an infectious disease)-allow to air dry.

### **Four Sets Of Tasks Of Household Cleaning Chores**

- Cleaning the kitchen:
  - If there is a dishwasher, learn how to use it properly and know what should and should not be put in it. Special cleansers should be used inside the oven. Garbage receptacles should be emptied frequently and recyclables be rinsed, as their residue can attract insects and rodents.

### **Four Sets Of Tasks Of Household Cleaning Chores**

- Cleaning bathrooms:
  - It is important to maintain a high level of cleanliness in the bathroom. If this is not done, germs and odors can grow to dangerous levels. Bathroom surfaces, especially floors, toilets, tubs, and shower stalls should be scrubbed with a disinfectant to keep germs under control. When tidying medicine cabinet, return medicines to their places.

### **Tips For Proper Kitchen Hygiene**

- These hygiene principles apply to the bedroom of a care recipient where meals may be served and to the kitchen where meals are prepared.
- To avoid contamination food must be purchased wisely, stored and refrigerated quickly and prepared and cooked properly.

### **Tips For Proper Kitchen Hygiene**

- Keep pets away from all food and kitchen surfaces.
- Wash hands thoroughly before and after preparing food.
- Wash utensils and cutting tools thoroughly with hot water and dishwashing liquid.
- Change and launder dishtowels and cloths regularly. Use clean dishcloths and towels when working in the kitchen to prepare food.

### **Tips For Proper Kitchen Hygiene**

- Do not wipe hands on an apron, dish cloth or dish towel while working in the kitchen.
- Cover any cuts or sores on hands with a bandage.
- Do not use or eat food if it comes from damaged containers or as passed its expiration date.
- Store fruits and vegetables in the bottom of the refrigerator and wash thoroughly before eating.

### **Tips For Proper Kitchen Hygiene**

- Do not use the same knife and chopping board to prepare cooked and uncooked foods at the same time.
- Do not prepare foods too far in advance.
- Follow frozen food guidelines and directions on the package exactly.
- Store meat and fish in the coldest part of the refrigerator and cook them thoroughly.

### **Tips For Proper Kitchen Hygiene**

- Do not taste food with fingers.
- When reheating food, check to make sure it is thoroughly hot. It should not be reheated more than once.
- Follow cooking guidelines and directions on all products exactly as described on the package.

### **Tips For Proper Kitchen Hygiene**

- Serve and eat cooked food while it's hot.
- Do not give chronically ill (especially older people) the following foods: soft cheeses, which may contain listeria bacteria, raw or undercooked eggs or undercooked meat, especially poultry.



### **Hand Washing Procedures**

- Dishes may be cleaner in a double sink or a square, round or rectangular dishpan.
- Pre-rinse dishes, use scraper to remove debris before placing in water. Scraping may eliminate pre-rinsing.
- Rubber gloves are useful for hands sensitive to hot water and also minimize fingernail damage.

### **Hand Washing Procedures**

- Dish cloths, sponges and dish mops provide basic washing action. Dishes should be wiped clean with detergent on all sides, inside and out.
- Rinsing - the hotter the water, the faster the dishes will dry. If no rack, spread clean towel on counter top and place dishes upside down allowing water to drain. Aid drying by manually wiping with dry cloth.

### **Hand Dishwashing Special Tips**

- Do not soak cast iron skillets. Soaking can cause rusting and removal of seasoning.
- Do not soak aluminum utensils for long periods of time, can cause aluminum to darken.
- Change dish washing water or solution and rinse water when the water cools down or becomes greasy.

### **Hand Dishwashing Special Tips**

- Nonstick finishes must be cleaned thoroughly to retain nonstick properties. Use plastic mesh pad, light duty plastic sponge or sprinkle baking soda on pan. Use hot water and detergent to remove greasy film.
- Oven glass dishes can show cloudy area when clean. Rub with cloth and white vinegar to remove the cloudy film.

### **Bathroom Cleaning**

- Start by removing any rugs from the bathroom.
- If the rug is without backing on it, you can just throw it in the wash with like colors and tumble dry it. However, if there is backing on the rug, you must wash it by itself in warm water, then air fluff in the dryer, as heat will damage the backing.

### **Bathroom Cleaning**

- Using the hose attachment, vacuum the floors, counters and ledges. This can eliminate cleaning hair off a sponge.
- Go around the room with a soapy rag/towel followed with a damp rag/towel.
- Quickly wipe down towel racks, doors and corners.

### **Bathroom Cleaning**

- Spray the tub or shower/shower doors or curtains with an all-purpose cleaner. (Clean as often as client/resident use).
- If heavier tub/shower cleaning is needed, splash liquid laundry detergent per gallon of water. It cleans off grime and discoloration caused by hard water.

### **Bathroom Cleaning**

- While you let this sit, clean fixtures in the shower or tub. For brass, use a commercial brass cleaner, lemon dipped in salt, or a paste of equal parts vinegar, flour and salt. Buff with mineral oil. Be careful when using harsh but effective cleaners on chrome or brass-plated hardware. Read labels, and test the cleaner out in a hidden area.

### **Bathroom Cleaning**

- When grime and mildew don't respond to regular household cleaners, try this bleach solution. Combine equal parts water and bleach. Bleach kills mildew and removes many stains. Scrub the solution into the filthy tile with a grout brush or a stiff-bristled toothbrush. Leave solution on for a few minutes and rinse with clean water.

### **Bathroom Cleaning**

- NOTE: Place any remaining solution into a spray bottle after showering each day. For tougher mildew stains on grout, use a toothbrush, and scrub the problem area. Let it sit for a few minutes, then scrub clean, taking care not to loosen any grout.
- A good way to combat mildew from forming is to keep a small squeegee nearby and squeegee the walls down after each use.

### **Bathroom Cleaning**

- Spray the sink and counter with an all purpose cleaner, then wipe everything dry, including tub and shower. Don't use steel wool or other abrasive scrub pads with wipe surfaces. Use a soft sponge (old nylon pantyhose can be used to scrub with).
- Clean the toilet from the outside in, starting with the handle, then moving on to the seat and the outside of the bowl. The last step is to clean the bowl.

### **Tips For A Clean, Toxic Free Bathroom**

- Your toilets– sprinkle baking soda into the toilet bowl and scour with a toilet brush and flush; to sanitize, spray with hydrogen peroxide and then white vinegar.
- Your bathtub, shower, and sink– use baking soda and a nylon scouring pad or mesh for dirt and grime; to sanitize, spray with hydrogen peroxide and then white vinegar.

### **Tips For A Clean, Toxic Free Bathroom**

- Your bathroom floor– mop with diluted biodegradable liquid soap solution and clean up residue with half water and half vinegar mixture.
- Your mirrors and windows– use club soda or a mixture of half water – half vinegar in a spray bottle (you can use old newspapers instead of paper towels) to clean your windows and mirrors.
- These cleaning supplies are safe and they can save money.

### **Bedroom Cleaning**

- General:
  - Put clothes away, rather than leaving them laying around or on the floor.
  - If possible, open the windows to air out the room.
  - Wash/change sheets as often as needed; otherwise at least every other week.
  - Vacuum high traffic areas frequently.

### **Bedroom Cleaning**

- General:
  - When washing bedding, add some bath salts to the final cycle of the wash for a sweet smelling fragrance.
  - Use a thin flexible dusting wand to clean windows, blinds and furniture.

### **Bedroom Cleaning**

- Mattress:
  - If the mattress is musty, use a commercial foam upholstery cleaner, mix 1/2 teaspoon liquid dishwashing detergent - place in bottle and shake until mixture is foamy and frothy. Apply foam with a sponge or soft brush without soaking the mattress.

### **Bedroom Cleaning**

- Mattress:
  - Work small area at a time, overlapping areas to avoid spotting. Change water frequently to keep it clean. Let one side dry thoroughly before continuing. Use fan to speed up drying process.

### **Bedroom Cleaning**

- Mattress:
  - Another way to freshen the mattress is to sprinkle a thin layer of baking soda on it to absorb musty odors. Let it sit for a few hours, then vacuum.

### **Bedroom Cleaning**

- Making the bed:
  - Straighten the mattress pad
  - Put on the fitted sheet
  - Center top sheet on bed. The wide hem goes at the top approximately one foot from the headboard. If sheet is patterned, put it down wrong side up so that when you pull the top hem over the blanket, it will be right side up.

### **Bedroom Cleaning**

- Making the bed:
  - Put the blanket on the top sheet, about a foot and half from the headboard.

### **Bedroom Cleaning**

- Making the bed:
  - Go around the bed just once, tucking in the sheet and blanket together. To make a “hospital bed corner”, pick up the edge of the sheet and blanket about 15 inches from the foot of the bed. Lift it up so that it makes a diagonal fold. Lay the fold on the mattress, take the hanging part of the sheet and blanket – tuck under the mattress. Drop the fold, pull it smooth, tuck under the mattress as well.

### **Bedroom Cleaning**

- Making the bed:
  - Turn top of the sheet over the blanket near the headboard. Replace pillows. Cover with bedspread if desired.
  - Top sheet can be eliminated if desired.
  - If only one fitted sheet is available, wash it as often as needed and put back on bed with different top sheet or blanket.

### **Bedroom Cleaning**

- Head and Footboards:
  - Both varnished and brass beds can be dusted, then rubbed lightly with lemon oil on a dampened rag or cloth.
  - Wooden headboards can be cleaned with furniture polish, and for laminated surfaces. Use all purpose cleaner or liquid abrasive.

### **Living Room Cleaning**

- To clean dirt from furniture, use a damp sponge and vinegar or for small stains use a pencil eraser.
- Carpet stains can be cleaned, if the process is started immediately, before the stain has a chance to set. First, press a dry towel into the stain to soak up as much moisture as possible. Pour club soda onto the stain and immediately blot with a dry towel. Cover the remaining stain with salt and leave for 15 minutes. Use a vacuum cleaner to remove the salt.

### **Living Room Cleaning**

- The carpet cleaning suggestions are mild treatments and will not damage any carpet, but for more serious stains a harsher treatment is needed to remove the last of it. Test the following on inconspicuous spot before using on stain. Cover the stain with shaving cream or baby shampoo and scrub with brush and water. When the area dries the stain should be invisible.

### **Living Room Cleaning**

- Use children's play putty shaped into a patty to remove cat and dog hair from furniture.
- Provide camouflage by rubbing an area damaged with water stains with a tea bag or cotton swab dipped in strongly brewed coffee.

### **Living Room Cleaning**

- Dust furniture with clean dust cloth with lemon oil or commercial cleanser - wipe furniture clean to shiny luster. Use thin wand to dust window seals and light fixtures.
- Vacuum carpet as often as needed.

### **Carpet Cleaning**

- The first step in most carpet-cleaning situations is to blot, not rub, the spill with clean, white absorbent material such as towels, napkins, or tissues. Be careful not to damage the carpet fibers. After blotting the spot, apply a solution of alcohol, ammonia or vinegar. Rinse with hot water from a spray bottle. Extract it with a wet/dry shop vacuum cleaner and use a blow dryer or fan to dry. If you don't have a shop vacuum cleaner, then blot.

### **Carpet Cleaning**

- Rubbing the spot only spreads the stain and makes a bigger mess. If you are using a cleaner solution, use small amounts and blot frequently. Work from the outer edge of the spot toward the center to prevent rings. Always test any cleaning solution in a hidden area first to make sure it won't discolor the carpet.

### **Carpet Cleaning**

- If the spill is solid or composed of built-up materials, try to remove the bulk of it with a rounded tablespoon, spatula or the edge of a dull knife. Break up the soil and vacuum away the loose pieces before attacking the rest of the stain.
- Common carpet cleaners: 1/3c white vinegar 2/3c water; harden gum w/ ice cube - remove with a dull knife or spatula; alcohol or neutral spirits; some stains require professional cleaners.

### **Dusting**

- Dust cloths should be made from either cotton or flannels because synthetics do not absorb well and can scratch the surface of many items. Fabric-softener sheets or old socks worn as gloves will work in a pinch if your dust cloths are dirty.
- To create a dust cloth that leaves a shine, soak your normal dust cloth in a mixture of 2 cups water, 2 tablespoons vinegar and 4 drops lemon oil. Place the soaked cloth in a glass jar with a lid until next use.

### **Dusting**

- Make sure to have a way of reaching hard to reach places by keeping a yardstick or broom handle. Put a sock on the end of one of these, wipe the corners and moldings for dust.
- After dusting the blinds on the windows, wipe each slat with a fabric softener sheet. This will help keep the blinds cleaner longer. The sheets repel dust.
- To dust narrow areas slide a sock over the end of a hanger.

### **Dusting**

- A dust mop is essential if home has hardwood floors because it attracts finer dust that brooms fail to pick up. Spray floor lightly with furniture polish to keep attracting dust without dispersing it.
- For delicate areas like a lampshade, use a soft paintbrush to dust. Not only will it not hurt the lampshade, but it will also get into the nook and crannies.

### **Dusting**

- A can of compressed air will help you expel dust from hard to reach areas and delicate electronics.
- Instead of shaking out your dust mop outside, place spritzer water inside a plastic bag, then place the mop head in the bag, securing it around the handle. Shake the mop out in the bag, then remove the bag. The dust should cling to the water in the bag.

### **Dusting**

- To remove dust from TV screens or refrigerators, mix 1 part fabric softener and 4 parts water. Moisten a rag with this mixture and rub over the area.

### **Facts About Laundering**

- There is more to sorting clothes than just keeping dark garments away from gleaming whites. The secret is mixing and matching items into loads that need similar soaps and detergents, wash cycles and water temperatures.
- Garment labels should be checked for special cleaning instructions.

### **Sorting Secrets**

- First, sort by color - wash all whites separately; pastels and medium colors together; bright and darks by themselves. Pay special attention to whites and lightly colored synthetics; they can pick up dark dyes from other fabrics during washing. Check trimmings and decorations for colorfastness too.

### **Sorting Secrets**

- Second, sort for soil - sort out those heavily soiled items away from the lightly soiled ones, since lightly soiled items can pick up the extra soil from the wash water. Whites will slowly get grayer or yellower; colors will become duller and duller.
- Third, consider specialty sorts - mix small and large items together. This lets clothes move freely.

### **Sorting Secrets**

- The lint losers: fuzzy sweat shirts, chenille robes, flannels and new towels have a tendency to share their lint with other garments during washing.
- The fluorescents: hot pinks, bright greens, electric blues are often much less colorfast than other fabrics. Wash them separately. These colors may fade over time.

### **Sorting Secrets**

- The fabric types: consider how the fabrics are constructed. Separate loosely knitted garments and delicates from the regular wash loads
- wash on gentle cycle.

### **Soil and Stain Removers**

- Product labels tell you how to properly use the product and what type of fabric and surfaces the product can be used on. Garment care labels provide instructions for cleaning garment.
- Pre-wash stain removers - a full strength stain treatment that is applied directly to stains before the wash cycle.

### **Soil and Stain Removers**

- In wash stain removers should be added along with detergent in wash cycle. Some can be applied directly on stains before the wash cycle.
- Stain removers come in sprays, sticks, gels, foams, wipes, aerosols, liquids, powders, tablets and bars.

### **Colorfast Test: Stain Removers**

- Before using a stain remover always test for colorfastness.
- Apply the stain remover to unnoticeable part of garment. Wait 5-10 minutes. Rinse. The stain remover is safe if fabric does not fade or bleed. Most stain removers can be used on most colorfast washables such as cotton, polyester blends, and other synthetics.

### **Colorfast Test: Detergents**

- Unless the garment reads "Dry Clean Only", this test can be done. Place inner seam or hem on paper towel. Saturate with cool water and press down on the fabric. If no color bleeds, it is safe to wash. If it does bleed, it should be dry cleaned.
- Note: all fabrics can be dry cleaned if desired. However, it is more costly.

### **Read Care Labels**

- For successful cleaning performance, it is important to read and follow fabric care labels before washing garments.
- Care labels may feature symbols in addition to words such as washing instructions, bleaching instructions, and drying instructions.

### **Loading Washing Machine**

- Follow manufacturer's instructions for loading machine.
- For best results, do not over load machine. This allows clothes to get full exposure to the detergent/water mixture during the wash cycle.
- Do not pour detergents directly on clothes. Dissolve detergent in water then add clothes.

### **Loading Washing Machine**

- Place liquid bleach in dispenser - not on clothes.
- Use proper water levels for proper wash loads.

### **Major Household Appliances**

- Clothes Dryer:
  - Clean the lint trap before each load.
  - Use correct drying cycle.
  - Clean outside for dust and lint.



### **Refrigerators and Freezers**

- Replace burned out bulbs.
- Whenever frost gets 1/4 inch thick - time to defrost.
- Clean and vacuum underneath unit twice a year as needed.
- Keep door seals and surfaces touching clean.
- Use dish detergent and bleach/water solution to sanitize and clean.
- Secure perishable foods before cleaning.

### **Stoves and Ranges**

- Clean drip pans beneath burners frequently.
- If a burner stops working, replacements are available.
- Yellow flames in gas stove are a problem. Flames should be blue.
- Replace old oven doors. Seals waste energy, make the kitchen hot and cause uneven cooking.
- Exhaust fans eliminates odors and reduce grease buildup.

### **Microwave Ovens**

- Do not use plastic trays or containers not designed for microwave use.
- Keep door seal and the surface which it abuts clean at all times.
- Most microwaves restrict the use of foil or metal containers. Read instructions for use.

### **Pest Control**

- Pest prevention:
  - Remove sources of food, water and shelter.
  - Maintain a clean environment so as to not attract pest and vermin.

### **Safe Pesticide Use**

- Use baits as a first line of chemical defense against insects and rodents.
- Other chemicals, generally, should only be applied to cracks and crevices, not sprayed over the whole room. Use fogging devices only when absolutely necessary.
- Use ready-to-use products whenever possible.

### **Safe Pesticide Use**

- Only apply chemicals approved for use in the home and for the intended use such as products for ants, roaches, etc.
- Note: If an outside pest control company is needed, ask them to find and correct the problem before applying pesticides.

### **Safe Pesticide Use**

- Dispose of leftover pesticides and pesticide containers properly.
  - Read the label to find out how to dispose of the pesticide and the container.
  - Many communities have household hazardous waste collections that will accept unwanted pesticides.
  - Do not throw empty cans in city drains.

### **Safe Pesticide Use**

- Do not use outdoor chemicals indoors.
  - Many chemicals intended for use outdoors are dangerous to use outdoors because they will remain toxic longer inside than they would outdoors.

### **Safe Pesticide Use**

- Do not assume that twice as much is better:
  - Always read and follow label directions.
  - Using too much of a pesticide can endanger one's health.
- Do not use empty pesticide containers to store anything else.
  - No matter how well you wash the container it could still contain remnants of the pesticide.

### **Tips For Pest Control**

- Reducing or preventing pest invasions often start with:
  - Fixing leaky plumbing and look for other sources of water - under refrigerators including under plants.
  - Make sure food and food scraps are tightly sealed and garbage is regularly removed from the home. Do not leave pet food and water out over night.

### **Roaches**

- Keep roaches out of the house. Roaches live in dirty places.
- Roaches spread germs. To keep roaches away, keep your house clean!
  - Take the garbage out every day.
  - Wash the garbage can.
  - Keep crumbs off the floor.
  - Keep your stove and cabinets clean.
  - Keep your food covered and put away.

### **Roaches**

- An insecticide will kill roaches. Insecticides are poisonous. Keep your insecticide in a safe place. Keep it where children or others confined cannot reach if necessary. Keep it away from food and dishes.
- The following publications available from the Alabama Cooperative Extension System: ANR-1127 Dust Mites; ANR-175-A Fire Ants; Katie Comes Calling: Controlling Roaches.

## **Highly Toxic Chemicals**

- **Wear liquid-proof neoprene gloves.**  
The pesticide label indicates what gloves to use because some fumigants are readily absorbed in certain gloves.
- **Wear masks or other protective gear.**  
Wear long sleeve shirt.
- **Make sure house is well ventilated**  
when using pesticides.

## **Resources**

- **Information used in this presentation came from:**
  - The Soap and Detergent Association (SDA)
  - ARRP
  - National Alliance for Caregiving
  - Alabama Pest Management Handbook for 2006
  - Alabama Cooperative Extension System (ACES)

## **Upcoming Programs**

**Parental/Family Involvement in  
Title X Family Planning  
Tuesday, June 20, 2006  
2:00 - 4:00 p.m. (Central Time)**

**For complete list of upcoming  
programs:  
[www.adph.org/alphtn](http://www.adph.org/alphtn)**