## Using Science to Clean for Health

## Initial Top to Bottom/Deep-Clean Checklist

Deep clean items are cleaned by hand with an emphasis on detail and elimination of soil buildup. Often surfaces are washed vs. dusted or wiped.

Surrac	es are washed vs. dusted of wiped.		
Kitchen			
	High dust, low dust and in-between dust using the long duster		
	Fronts of cabinets (for vacancies wipe out all cabinets and drawers)		
	Table & chairs (wipe down & place chairs uniformly around table)		
	Refrigerator (including the top, sides, water catcher, & behind door handles)		
	Dishwasher (exterior, open and clean the top of door)		
	Microwave - wash inside and outside, lift and clean behind and under if applicable		
	Stovetop - lift & clean, soak & scrub drip pans		
	Oven hood (degrease and clean filters)		
	Inside of oven glass cleaned (inside of oven wiped out upon request)		
	Wash doors & door trim		
	Clean light switches & electrical plates		
	Scrub/disinfect sinks including down the drain & garbage disposal		
	Light fixtures - hand wipe or long dust depending on height		
	Clean window sill, tracks, and ledges		
	Counters - carefully remove items, clean them and put back		
	Backsplash		
	Wash baseboards		
	Clean kitchen window		
	Vacuum blinds		
	Vacuum and or/mop floors		
<u>Bathrooms</u>			
	Scrub/disinfect sinks		
	High dust, low dust and in-between dust using the long duster		
	Clean air vents (look up!)		
	Mirrors - clean all the way to top (may need long duster for tops)		
	Tub/shower & tiles (2x max, BioClean glass door as needed)		
	Toilet - sanitized (including behind and plumbing)		
	Sanitize counters & fixtures		
	Cabinets and drawers (exterior)		
	Wastebaskets - emptied and cleaned		
	Shake out area rugs (put back down when floors are dry)		
	Vacuum & mop		
	Clean window sill, tracks, and ledges		

Wash baseboardsVacuum blinds

Foyer, Living, Family, Dining, Office, Bedrooms & Other (Dry) Rooms				
	Ceiling fan blades (hand wipe if possible)			
	High dust, low dust and in-between dust using the long dus	ster		
	Light fixtures (hand washed in place/not removed)			
	Blinds (vacuumed) & shutters (wiped)			
	Wash doors and trim			
	Clean window sill, tracks and ledges			
	Artwork (wiped down, dusted)			
	Wipe down fronts, sides, legs & rungs of furniture (vacuum upholstered furniture w/ attachment)			
_	☐ Vacuum and/or mop floors			
Laundry Room				
	I High dust, low dust and in-between dust using the long duster			
	Wash cabinetry			
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	Wipe down artwork			
	Clean & disinfect sink			
	Clean light switches and electrical plates			
	Clean window sill, tracks, and ledges			
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	Wipe down washer & dryer (lift lid to washer and clean)			
	☐ Vacuum and/or mop floors			
<u>Clean</u>	ned Upon Request			
	Interior of oven			
	Washing of baseboards in main living areas			
	Washing blinds			
	Interior of refrigerator			
	Wipe down and vacuum interior of closet			
Other Services Offered (prices vary)				
	☑ Window washing ☐ T	ile and grout cleaning & sealing (floors)		
_		Jpholstery cleaning		
		Restorative refurbishing		
	☐ Stain removal	□ Wood		
	☐ Enzymes	□ Sinks		
	□ Deodorizer	☐ Granite		
_	☐ Scrubbing machine (heavy-duty)	Hard water removal		
	Solar panel cleaning			
	<b>☑</b> Skylight cleaning			