



HEALTHY BUILDINGS, INC

13228 NE 20th Street, Suite 100, Bellevue, Washington, 98005-2049
 Phone: 425-455-2959 Fax: 425-646-7247
www.ehsintl.com

INSTRUCTIONS FOR DEEP CLEANING HOMES

Deep cleaning of homes is something that needs to be done at least once, maybe twice a year, depending on how many people live in your house, whether you have pets, if people have allergies or asthma, etc. Once you put in the time on a very deep clean of your home, you will find that daily and weekly maintenance are much easier and that your house will always feel cleaner and healthier.

To start out with, remember that deep cleaning means cleaning ALL areas of your house including tops of shelves, cupboards, and doors; behind refrigerators, under beds, sofas, and couches; inside of cupboards and closets, EVERYWHERE! Now is the time to clean out and reorganize your things. Be strong and throw out things you haven't used in the last year. The fewer items you have, the fewer things you will have to dust and go through the next time you deep clean.

Web Resources

The Clean Team www.thecleanteam.com This is a great site with lots of ideas, books (Speed Cleaning, etc) and cleaning products. They have a GREAT cleaning apron that allows you to have everything you need at your fingertips. Here at HBI we have found the apron indispensable for deep and regular cleaning.

- When you clean, always clean from top to bottom. This means that the last thing you do is mop or vacuum.
- Open doors and windows while cleaning. This will allow any dust that is raised or chemicals used to be drawn to the outside.
- Be prepared. Have everything you need to clean before you start: broom, mop, sponges, cleaning products (remember, vinegar and baking soda make great cleaners), garbage bags, etc.
- Get everyone in the house involved. This is a family project. Everyone contributes to the deep down dirt and when you are done, everyone gets to share the satisfaction of a really clean house. Assign each person to a different part of the house. When you are done with your part, there will be plenty more to do.
- DON'T STOP UNTIL YOU'RE DONE! Except for lunch and time to regroup, keep on cleaning until it is complete.
- Put items in storage boxes. This way you will reduce the amount of dust in your home and it will be easier to dust the top of a box than to dust the top of 15 coloring books during weekly maintenance.
- Now is a good time to wash comforters, blankets and curtains or take them outside and give them a good shake.
- Don't forget to clean refrigerator coils and drain pans (usually found under the fridge). The drain pan is often a source of mold in a home.

A good rule of thumb is that during a deep cleaning, everything and everyplace in your house will be touched at least once. The first deep cleaning will be the hardest, after that it just gets easier and easier. Remember deep cleaning is only the beginning. Daily and weekly cleaning are musts if you are to maintain a clean and healthy home!