

DEEP CLEANING CHECKLIST



KITCHEN

- Oven** – use oven cleaner or a baking soda and water paste to scrub the oven and leave it to soak while you do the rest of the kitchen. Soak the oven racks in soapy water then scrub them clean
- Hob** – de-grease the hob and the extractor fan, these areas can get very greasy if used a lot
- Fridge/freezer** – discard any out of date produce. Wipe the shelves with a soapy cloth, then use disinfectant spray and dry with a towel
- Dishwasher** – run it on empty with half a cup of vinegar and baking soda on a hot cycle
- Cupboard doors** – wipe down with soapy water and dry with an old towel. Clean handles with disinfectant spray
- Floor** – sweep and mop the floor, if the floor is tiled clean grout with baking soda and an old toothbrush

BATHROOM

- Tiles and grout** – wipe down the tiles with soapy water and scrub the grout with an old toothbrush and some baking soda then rinse with clean water. Dry with an old towel
- Taps and shower head** – clean with soapy water and a wet cloth, rinse with clean water then dry with an old towel to avoid water marks
- Shower screen and mirrors** – clean the shower screen and mirrors with glass cleaner and a dry cloth
- Toilet** – the toilet should be cleaned every day, but when doing a deep clean ensure you clean behind the toilet, the base, and the top of the tank as well
- Accessories** – clean the toothbrush holder, soap dish, put away any products which should be in bathroom cabinets and organise if needed

OTHER

- Clean windows and doors with warm soapy water and dry with an old towel. Clean glass with glass cleaner
- Remove cushions from the sofa, vacuum and plump the cushions and vacuum the base of the sofa. Wipe down all chairs with soapy water and dry with an old towel