

School Custodians

Clean for Health



Cleaning not only makes our schools look nice, it also helps make schools healthy and safe places for our children. Removing “dirt” we can see by cleaning is the first step. Once the dirt we can see is removed, we disinfect by wiping down surfaces with a school-recommended cleaning product. Germs (bacteria and viruses) are killed during routine cleaning and disinfecting activities. Allergens (mold, pollen, dust mites and other irritants) are removed during cleaning activities like vacuuming, sweeping and mopping.

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a type of bacteria that is not easily treated with common antibiotics. MRSA can cause skin infections that may look like spider bites, infected turf burns, impetigo, boils or abscesses. It is spread by touching the infection/drainage or by touching surfaces that have come in contact with the infection/drainage. MRSA can stay alive on surfaces for weeks, even months.

***Clostridium difficile* (*C. difficile*)** is a bacterium that can cause severe diarrhea. It is spread directly by person-to-person contact or indirectly through contaminated equipment, objects or surfaces. *C. difficile* produces spores that can live in the environment for months. *There are many EPA-registered disinfectants that kill C. Difficile vegetative cells but very few that kill C. difficile spores.* Be sure the product you use (when disinfecting any area that has been contaminated with stool) kills *C. difficile* spores. A 1:10 bleach solution or bleach product will kill *C. difficile* spores, but will need five minutes of wet contact time. Follow the directions on the label carefully. Wear gloves!

Effective and consistent hand washing is the best way to prevent MRSA and other bacteria from spreading. **Cleaning and disinfecting surfaces** that may have come in contact with bacteria is necessary **to keep the environment healthy.**

Our recommendations, listed below, may refer to policies that are already in place, as well as policies that should be developed or adopted.

General Guidance

1. Hard surfaces and 3
2. has been cleaned.

General Guidance—Athletic Areas

1. All hard surfaces that *may* come in contact with body fluids should be cleaned and disinfected daily with an EPA-approved disinfectant, including benches, weights, workout machines, etc. Clean all visibly soiled areas first, using friction. Then disinfect clean areas to remove germs. Always wear gloves when using disinfectants.
2. All floors/wall padding in athletic settings should be washed daily (if room is used).
3. Ensure that athletic areas, locker rooms and restrooms all have *separate* cleaning mops and buckets, and that all mops (washable micro-fiber heads or disposable mop cloths preferred) and buckets are cleaned /laundered daily.

Wrestling Room and Mats

1. Wipe down padding along walls, benches and door pulls/knobs with a quaternary ammonium (quat) after practices/matches. Refer to the manufacturer's directions for recommended contact times for the various disinfectants.
2. Clean floors where mats are stored and before mats are used again.
3. Use "dedicated" mops to clean athletic areas, and wash mop heads on a daily after use. May use Swiffer style mop with disposable mop cloths that are discarded after each use.
4. Clean and sanitize mats before and after practice and matches. When mats are rolled up, all sides of mats should be cleaned before they are rolled up.
5. Use "dedicated" mop heads to clean mat surfaces. Wash these mop heads on a daily after use; athletic department may be responsible for this.

Weight Room

1. Wipe down grips on weights and lifting belts at least daily.
2. Clean floors, benches, supports, pads, light switches and door pulls/knobs daily.

Locker Rooms/Shower Rooms

1. If used, locker rooms, including any shower areas, should be cleaned daily.
2. If soap is furnished, it should be accessible from a wall dispenser.
3. Soap dispensers should have disposable soap "unit" refills.

Sports Equipment

(May be responsibility of Athletic Department)

1. Schedule regular cleanings for sports equipment: balls (footballs, basketballs, baseballs, softballs, volleyballs), racket grips, bats, gloves, pads, etc.
2. Clean and sanitize sports equipment that comes in direct contact with the skin of players, such as wrestling headgear, football helmets and fencing equipment (including wires) after each use.