

Best Practices for Commercial Cleaning and Disinfection for Ambulatory Care and Healthcare Facilities



Executive Report

Following proper commercial cleaning and disinfection techniques and best practices is important for ambulatory and healthcare facilities. Learn why.

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Guidelines for Cleaning and Disinfecting

While cleaning can remove pathogens and significantly reduce germs on contaminated surfaces, it will not disinfect surfaces. Cleaning should be your first step, however, because organic matter left on surfaces can reduce the effectiveness of disinfectants.

Commercial cleaning services should use **hospital-grade EPA-registered disinfectants** that are effective in mitigating the effects of SARS-CoV-2, the virus responsible for COVID-19.

Disinfectants should be prepared and used according to the manufacturer's specifications. Using the incorrect concentration levels can reduce effectiveness. Failing to leave surfaces wet for the required amount of dwell time can also reduce effectiveness because surfaces need to remain wet long enough for the product to deactivate pathogens.

Best Practices

Proper Procedures

Commercial cleaning technicians should follow ambulatory care or healthcare facility policies and procedures and wear appropriate personal protective equipment (PPE). They should also follow these standard operating procedures:

- Use a fresh cleaning cloth at the beginning of each cleaning session and for each new area.
- Fresh cloths should always be used for high-risk areas such as patient beds or treatment areas.
- Cloths should always be saturated with cleaning solution.
- Consider color-coding cleaning cloths to distinguish between patient areas, bathrooms, and common areas.
- Vacuums should incorporate HEPA filtration to mitigate the dispersion of dust or germs.
- Two-bucket mopping should be used to avoid contaminating clean water with dirty water.

As cleaning progresses, detergents and cleaning solutions can become contaminated if cloths or mops are dipped or rinsed. If the organic material becomes too high, the cleaning solution may not be able to do its job effectively or transfer germs and microbes to new areas. It is important to keep this in mind while cleaning treatment areas and those frequented by patients.

Commercial cleaning services should be staffed by professionals who are trained and experienced in environmental cleaning techniques. This includes practices such as cleaning the least soiled areas and progressing to the dirtiest areas, and cleaning high surfaces first and then those at lower levels to mitigate the possibility of cross-contamination. High-touch surfaces should be identified for more frequent cleaning and disinfecting.

Frequency and Methods of Cleaning and Disinfection for Healthcare Facilities

The CDC recommends this **cleaning and disinfection plan** for different areas of healthcare and ambulatory care facilities:

- **Reception, waiting areas and admitting**
Areas should be cleaned at least once daily, including high-touch surfaces and floors.
- **Patient consultation and examination rooms**
Areas should be cleaned at least twice daily, including high-touch surfaces and floors. Surfaces should be wiped down with disinfectant wipes before and after patient visits.
- **Patient treatment areas**
Clean and disinfect before and after each procedure, including high-touch surfaces and floors, and treatment tables. These areas should also be thoroughly cleaned and disinfected at the end of each day (terminal cleaning), including all surfaces, the entire floor, sinks, sluice areas, and scrub areas.
- **Prep stations**
Countertops and portable carts should be cleaned and disinfected before and after each use. High-touch surfaces and floors should be cleaned at least once daily.
- **Restrooms**
Toilets should be cleaned and disinfected at least twice daily with special attention to high-touch areas.

All areas, including low-touch areas, should be cleaned whenever they are visibly soiled and on a weekly or monthly schedule.

Cleaning and Disinfection Checklists

Checklists should be an essential part of the cleaning process to help administrators ensure all areas are cleaned and disinfected according to service agreements. Some healthcare facilities have general checklists for common areas and more detailed supplemental list for patient care areas.

The Centers for Disease Control (CDC) also recommends the use of cleaning logs to help guide the daily workflow for cleaning staff. Logs record activity, especially for interim cleaning and disinfection between commercial cleanings, and become records for staff accountability.

Monitoring

The CDC also suggests routine monitoring to ensure compliance with facility policies. Staff cleaning supervisors should do visual inspections and observe cleaning crews at least weekly, and new crew members should be closely supervised. Fluorescent markers (UV visible) or ATP (adenosine triphosphate) cleaning verification may be used at the discretion of the healthcare facility. ATP testing will detect adenosine triphosphate (ATP), considered the universal unit of energy in living cells.

Administrators should conduct audits at least quarterly to ensure quality assurance, provide feedback, make program modifications, and identify areas where additional training is needed.

Training and Experience

Require any [commercial cleaning service](#) you work with to staff your facility only with fully trained and experienced professional technicians.

All cleaning and disinfection technicians should be trained in workplace safety and infection control. This includes state, local, and industry regulations and best practices such as:

- OSHA, EPA, CDC, and [ISSA guidelines](#)
- [Joint Commission on Accreditation of Healthcare Organizations \(JCAHO\)](#) and [Accreditation Association for Ambulatory Healthcare \(AAAHC\)](#) regulatory standards
- [Blood Borne Pathogens](#) and [Global BioRisk Advisory Council \(GBAC\)](#) Disinfection procedures.

Commercial Cleaning Services for Ambulatory Care and Healthcare Facilities

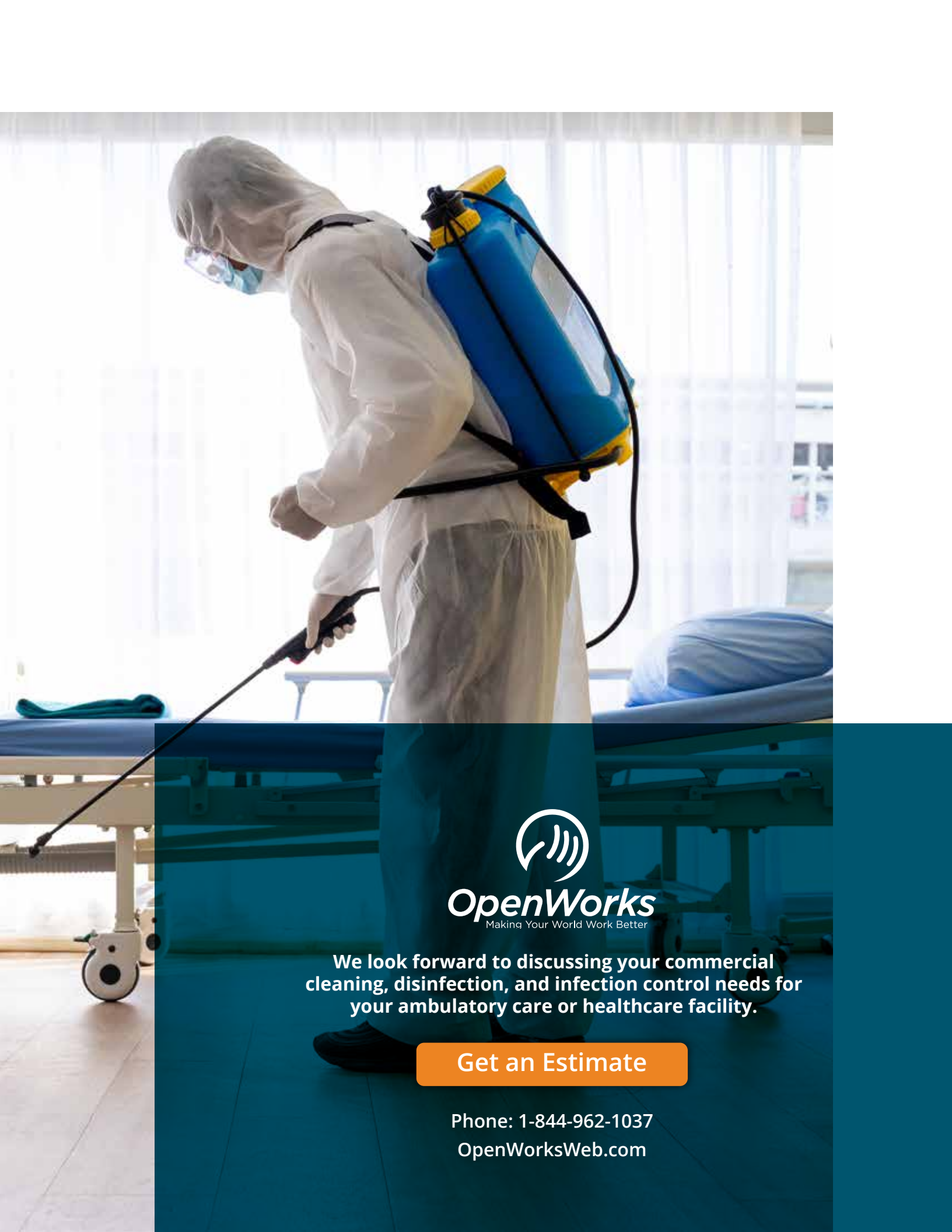
If you are looking for a commercial cleaning company, you may start your search with [commercial cleaning services near you](#) but do not end your search until you find the right fit for your healthcare facility.

OpenWorks' elite network of service providers has more than 35 years of experience providing extraordinary commercial cleaning results for healthcare facilities and ambulatory care centers. OpenWorks uses the most effective and innovative processes. Its highly trained professional cleaners use the latest cleaning technology and practices to provide the best service in the industry.

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- **Continuous Care.** a long-lasting antimicrobial coating and surface protectant that is applied after cleaning and disinfection are complete to provide continuous protection from bacteria and microorganisms for up to 90 days.





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We look forward to discussing your commercial cleaning, disinfection, and infection control needs for your ambulatory care or healthcare facility.

Get an Estimate

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