


Rest Room Care
Course 454: Rest Room Care

Covers the fundamentals of rest room design and construction and the elements of routine rest room cleaning. Covers the specifics of cleaning rest room plumbing fixtures. Describes the periodic tasks required to keep rest rooms in good condition. Finally introduces the trainee to the topic of disinfection, its important in rest rooms, and methods of performing this task safely.

TPC Training is accredited by IACET to offer **0.5 CEU** for this program.

**Lesson 1: Rest Room Basics***Topics*

Rest Room Design and Location; Rest Room Surfaces; Rest Room Floors; Rest Room Walls; Rest Room Ceilings; Plumbing Fixtures; Sinks; Specialized Sinks; Toilets; Urinals; Showers & Tubs; Public Rest Rooms; Factory and Shop Rest Rooms; Sports Arena Rest Rooms; Hospital Patient Rest Rooms; Food Service Rest Rooms

Objectives

- List the three kinds of rest room surfaces that you must clean, and tell how to clean each type.
- Describe the different rest room flooring materials, and tell how to recognize and clean each one.
- Describe the common types of walls and ceilings in rest rooms, and tell how to care for each one.
- Name the common types of rest room plumbing fixtures, and describe the features of each.
- Describe the differences among rest rooms in different kinds of buildings.

Lesson 2: Routine Rest Room Cleaning*Topics*

Rest Rooms Must Be Germ Free; Preparing Cleaning Supplies; Clearing the Rest Room; Blocking the Rest Room; Removing Trash; Cleaning Ashtrays; Restocking a Rest Room; Cleaning Above-Floor Surfaces; Dry Cleaning Rest Room Surfaces; Wet Cleaning Rest Room Surfaces; Cleaning Plumbing Fixtures; Cleaning the Rest Room Floor; Taking Care of Cleaning Equipment

Objectives

- Explain how to gather and prepare supplies needed for routine cleaning tasks.
- Explain how to clear and block a rest room for daily cleaning.
- Explain how to remove trash from a rest room's trash cans, sanitary napkin disposals, and ashtrays.
- Explain how to restock paper products and hand soap.
- List the correct sequence of steps for cleaning the surfaces of a rest room.
- Explain daily dry cleaning and wet cleaning procedures for above-floor surfaces of a rest room.
- Explain procedures for daily cleaning of a rest room floor.

Lesson 3: Cleaning Plumbing Fixtures*Topics*

Germ and Plumbing Fixtures; Equipment for Cleaning Sinks; Chemicals for Cleaning Sinks; How to Clean Sinks; Equipment for Cleaning Toilets; Chemicals for Cleaning Toilets; How to Clean Toilets; Equipment for Cleaning Urinals; Chemicals for Cleaning Urinals; How to Clean Urinals; Equipment for Cleaning Showers and Tubs; Chemicals for Cleaning Showers and Tubs; How to Clean Showers and Tubs

Objectives

- Explain safety precautions that you must take to protect yourself when cleaning plumbing fixtures.
- List the equipment and chemicals needed for cleaning sinks.
- Explain the proper procedure for cleaning sinks.
- List the equipment and chemicals needed for cleaning toilets and urinals.
- Explain the proper procedure for cleaning toilets and urinals.
- List the equipment and chemicals needed for cleaning showers and tubs.
- Explain the proper procedure for cleaning showers and tubs.

Lesson 4: Periodic Rest Room Cleaning*Topics*

Frequency of Periodic Cleaning Tasks; Rest Room Ceilings; Washing Ceilings by Hand; Washing Ceilings with a Machine; Vacuuming Ceilings; Rest Room Walls and Partitions; Removing Graffiti from Walls; Washing Walls and Partitions by Hand; Washing Walls and Partitions with a Machine; Rest Room Floors; Scrubbing Rest Room Floors with Drains; Scrubbing Rest Room Floors without Drains; Pressure Washing Rest Room Floors; Stripping Rest Room Floors; Refinishing Rest Room Floors

Objectives

- Tell how often to clean rest room ceilings, walls, and partitions.
- Explain how to wash rest room ceilings by hand and with a machine.
- Tell which ceilings must be vacuumed and explain how to vacuum ceilings.
- Explain how to remove graffiti from rest room walls, and how to wash rest room walls and partitions.
- Tell how to scrub, pressure wash, strip, and refinish a rest room floor.
- Explain the difference between scrubbing and/or pressure washing a rest room floor that has a drain and one that does not.

Rest Room Care**Lesson 5: Rest Room Disinfection****Topics**

What is Disinfection?; Germ Size and Growth; Conditions for Germ Life and Growth; Movement and Transfer of Germs; Chemicals That Kill Germs; Kinds of Cleaner/Disinfectants; Rest Room Odors; How to Disinfect Correctly; Applying Cleaner/Disinfectants; Aseptic Cleaning Method; Frequency of Disinfection

Objectives

- Describe germs in terms of size and reproduction.
- Tell what conditions germs need to live, grow, and multiply, and relate these conditions to rest rooms.
- Explain how germs move from one place to another in a rest room.
- List the kinds of disinfectants that kill germs, or stop them from growing.
- Contrast resident and transient odors in a rest room, and explain how to prevent resident odors.
- Explain how, why, and when to use deodorants in a rest room.
- Tell why disinfection must be done, how often it should be done, and how to do it correctly.