

Rest Room Care

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PREVIEW
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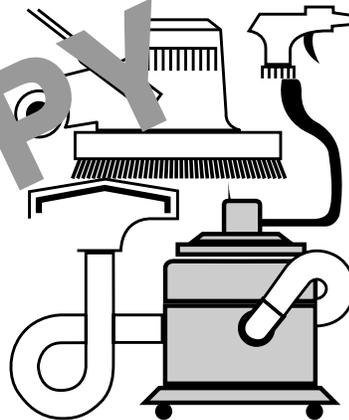
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REST ROOM CARE

Lesson One

Rest Room Basics

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TPC Training Systems

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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

After studying this Lesson, you should be able to...

- 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.

KEY TECHNICAL TERMS

Ceramic 1.07 most common material for rest room floors, made in 1- to 4-in. square tiles

Grout 1.09 cement material used to hold ceramic tiles together

Terrazzo 1.10 floor material made of small marble chips mixed into cement and ground smooth

Resilient 1.11 soft and springy sheet or tile flooring

Floor finish 1.12 man-made wax

Concrete 1.13 very hard rest room floor material

Painted plaster 1.22 the most common type of rest room ceiling, usually painted with epoxy or acrylic paint

Acoustical tile 1.24 type of ceiling made of soft, sound-absorbing material, often used in office buildings

Porcelain 1.26 shiny, glass-like finish used on sinks, toilets, urinals and tubs

Trap 1.40 toilet drain

Every building in which people live or work must have a rest room (sometimes called a washroom or a lavatory). Rest rooms are just as important to peoples' health as the air they breathe and the water they drink. The size of a rest room and its floor plan (the placement of partitions and fixtures) depend on the type of building it serves, and the number of people who use it. The rest room in a new shopping center is entirely different from one in an old movie theater. The rest room in a doctor's office is much smaller than one in an airline terminal, because far fewer people use it.

Because rest rooms contain different types of plumbing fixtures and are not all built alike, you cannot clean them all the same way. Before you can clean any rest room correctly, you must know what materials the many types of surfaces (floors, walls, ceilings) and plumbing fixtures (sinks, toilets, urinals) are made of. This five-lesson Unit explains the step-by-step care of rest rooms. This Lesson tells how and why rest room surfaces and fixtures are made the way they are.

Rest Room Design and Location

1.01 A rest room can be a single room or a group of two or more rooms. Whatever number of rooms it has, a rest room provides comfort and personal hygiene facilities (sinks and toilets) for the people who live or work in a building. The rest room in a doctor's office or a bank president's suite is small, because it is used by only one person at a time. It might contain just a toilet and a sink (sometimes called a lavatory or basin). On the other hand, a rest room in an industrial plant or a college gymnasium that is used by many people at one time must be large. It will contain several toilets, urinals, sinks, and even showers. Figure 1-1 shows a typical large rest room.

1.02 Large rest rooms are constructed to permit traffic to flow through them in a circular path—from the entrance to the toilet or urinal, to the sink, to the paper towel dispenser, to the towel receptacle, to the exit. Large rest rooms might even have separate entrance and exit doors to help keep traffic moving during times of heavy use, like at the end of a plant shift or the halftime of a basketball game.

1.03 A rest room has both surfaces and furnishings. *Surfaces* include the floor, walls, partitions, and ceiling. The room *furnishings* include the plumbing fixtures (sinks, toilets, urinals, and showers), plus accessories like mirrors, ashtrays, and dispensers for paper towels, soap, and toilet paper. As a maintenance custodian, you must keep all of these items clean and germ-free.

Rest Room Surfaces

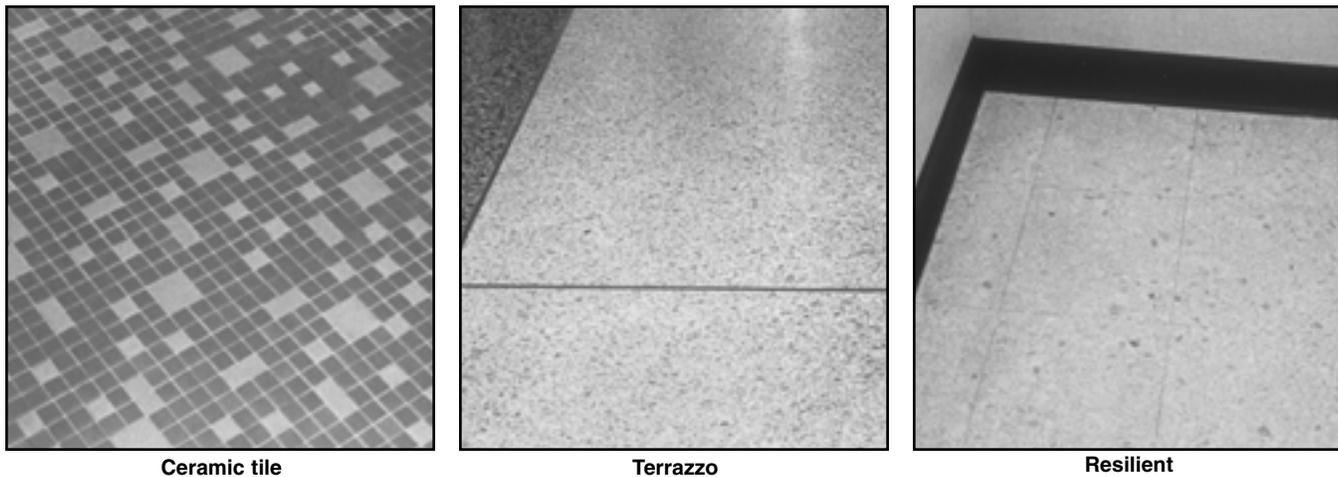
1.04 The surfaces that you must clean in a rest room, including the floor, walls, and ceiling, vary a great deal with the type of building served by the rest room. For example, the ceiling in a new building might be acoustical tile with recessed lighting. In an older building, the ceiling might be very high with many overhead pipes and light fixtures that can collect dirt very easily. As a rule, how a rest room should be cleaned depends on the following three things:

- type of building (as mentioned above)
- how easy the room is to clean and *disinfect*
- how long the surfaces will last.

Fig. 1-1. Typical large rest room



Fig. 1-2. Common types of rest room flooring



1.05 Probably the biggest difference between old rest rooms and the newer ones is that floors are now open and have no obstructions to hinder cleaning. Toilets are now bolted to the walls instead of mounted on the floor. The partitions (walls between toilets) are hung from the ceiling or walls instead of supported on floor posts. This arrangement changes cleaning methods completely. Toilet bases and partition supports no longer provide hard-to-clean areas where germs can hide and grow.

Rest Room Floors

1.06 Rest room floors must be watertight but not slippery when wet. Also, the floors must not have holes in their surfaces where germs can hide and grow. The four common types of rest room flooring are: ceramic tile, terrazzo, resilient flooring, and concrete. Ceramic tile, terrazzo, and resilient flooring are shown in Fig. 1-2.

1.07 The most common flooring for rest rooms is *ceramic tile*. Ceramic tile is made in 1 to 4 in. squares. It can be any color. Usually rest room floor tile has a flat finish (it does not shine). Flat finished ceramic tile is not slippery when wet. Other ceramic tiles have a hard shiny surface called a *glaze*. Glazed ceramic tile is very slippery when wet, so it is not used on floors.

1.08 Flat finished ceramic tile is made from baked clay. Its surface is very hard so it lasts a long time. Be careful not to drop heavy objects like tools on a ceramic floor. You might crack or break the tiles. Ceramic tile

does not have any holes in its surface where germs can grow. Also, it does not stain easily, and it is watertight so that you can clean and disinfect it easily. These features make it a good floor for rest rooms.

1.09 Ceramic tiles are held together by cement. A small amount of cement shows as lines between the tiles. These lines of cement are called *grout*. Grout has many holes in its surface. You must fill these holes with a liquid called a *sealer*. The sealer fills the holes so that germs cannot grow there.

1.10 *Terrazzo* also makes a good rest room floor. But terrazzo requires more care than ceramic tile. It is made by mixing small marble chips into cement. The hard floor is then ground smooth. A terrazzo floor has many small holes in its surface. You must fill these holes with sealer to keep out dirt, stains, and germs. Also, sealing terrazzo helps make it watertight.

1.11 *Resilient flooring* is sometimes used in rest rooms. This soft and springy flooring can be in the form of sheets (linoleum or vinyl) or 9 to 12 in. square tiles (asphalt, rubber, or vinyl asbestos). Most resilient floorings are glued down. Because resilient floorings are softer than ceramic tile or terrazzo, they wear out faster. For this reason, rest rooms that have heavy foot traffic should not have resilient flooring.

1.12 Resilient floorings also have many small holes in their surfaces. Like terrazzo, you must fill the holes with sealer to keep out dirt and germs. You should also apply several coats of *floor finish* (man-

made wax) to make the floor watertight. Water can soak through a resilient covering if the surface is not well coated with sealer and finish. This moisture loosens the covering and causes the edges of the sheets or tiles to curl up.

1.13 *Concrete* is a very common material for rest room floors, especially in manufacturing and processing plants. Even though it is very hard, concrete has many small surface holes that you must fill with sealer to keep germs from growing in them. You should also protect concrete floors with a good floor finish. In machine shops and foundries, metal chips and coarse sand embedded in workers' shoes can grind off the floor finish very quickly, especially in a doorway or a path of heavy traffic.

Rest Room Walls

1.14 Like floors, rest room walls must be smooth, watertight, and easy to clean and disinfect. The walls must not have holes in their surfaces where germs can hide and grow. The most common rest room wall materials are glazed ceramic tile, plastic sheets, painted plaster or drywall, vinyl wallpaper, and concrete blocks. Some common examples are shown in Fig. 1-3.

1.15 *Glazed ceramic tile* is the best rest room wall material, and is used the most. As you learned in paragraph 1.08, glazed ceramic tiles are watertight, smooth, and very easy to clean and disinfect. However, glazed ceramic tile walls cost more than other walls. For this reason, in some rest rooms,

only the lower part of the walls are covered with this material.

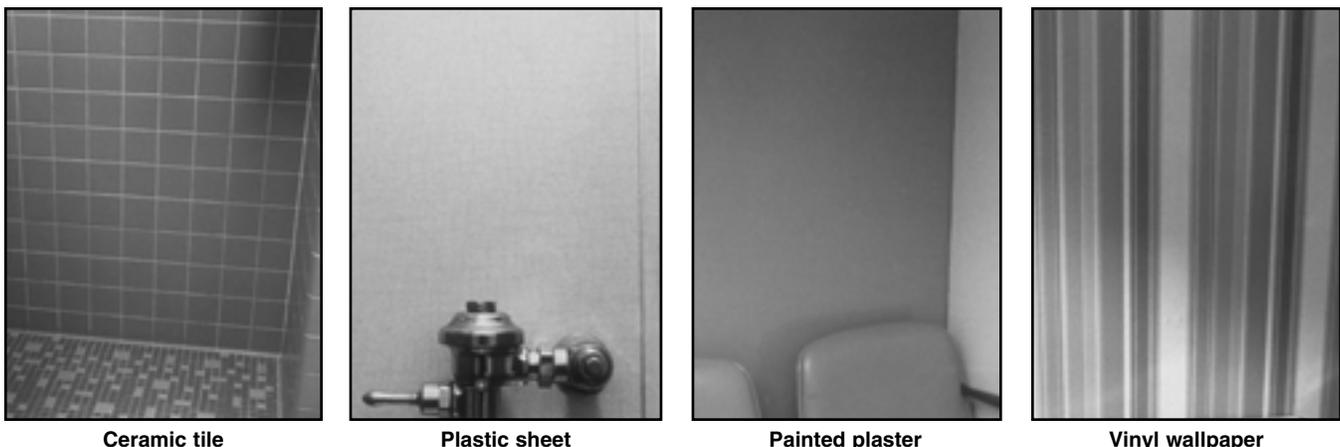
1.16 *Plastic sheets* about $\frac{1}{8}$ in. thick are used to cover some rest room walls. These 4 ft by 8 ft sheets are waterproof, and come in many different colors and designs. They are smooth and easy to clean and disinfect. Do not use powdered cleanser or steel wool on these plastic sheets, or you will scratch the plastic and make them hard to clean and disinfect.

1.17 Rest room walls made of *plaster* or *drywall* are usually painted with epoxy or acrylic paints. These paints form a watertight film that keeps water from soaking into the wall. The paints also act as a sealer and fill the plaster holes. This provides a smooth surface that is easy to clean and disinfect.

1.18 Often, when the lower part of a wall is made of ceramic tile, the upper part is plaster or concrete painted with an *epoxy* or *acrylic paint*. Such walls are usually shiny. You can scrub them without removing the paint. Do not use powdered cleanser or steel wool on the paint, as you can scratch and damage it.

1.19 *Vinyl wallpaper* is also used on the walls of small rest rooms that do not get much use, especially in office buildings. Vinyl wallpaper is made in many different colors and patterns. Smooth vinyl wallpaper is easy to clean, but it is not completely watertight. It also has holes in it. Vinyl wallpaper can be washed and disinfected carefully by hand methods with mild soaps only, but do not use any powered equipment on it.

Fig. 1-3. Common materials for rest room walls



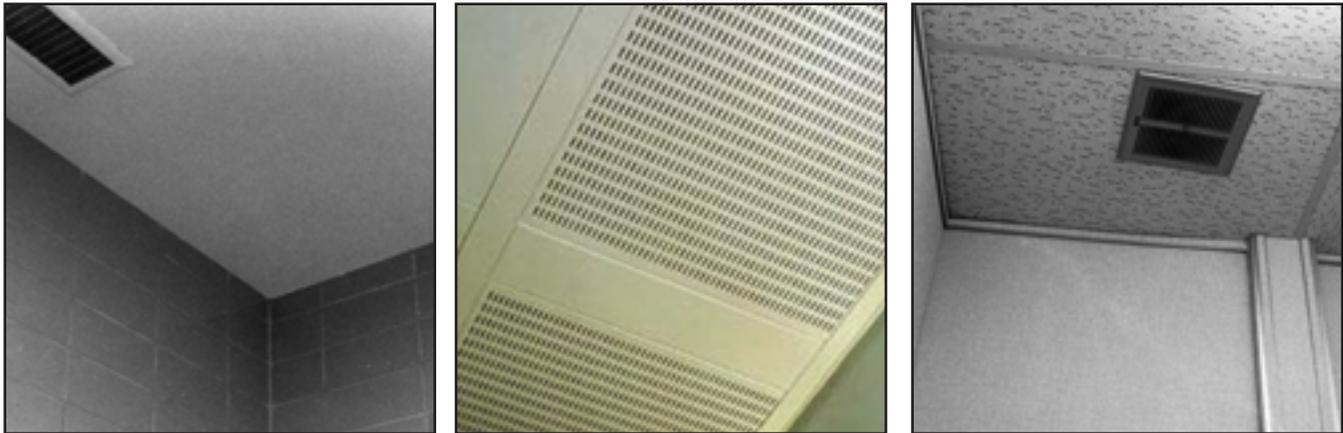
Ceramic tile

Plastic sheet

Painted plaster

Vinyl wallpaper

Fig. 1-4. Typical ceiling materials for rest rooms



Painted plaster

Metal pan

Acoustical tile

1.20 Rest room walls made of *concrete* or *cinder blocks* are common in older factories and shops. They are often unpainted but, even when painted, dirt collects easily on their surfaces, which are rough and full of ridges. It is impossible to disinfect such surfaces unless they are sealed. Dirt also builds up on the tops of light switches and heaters mounted on the walls. A heavy coat of epoxy or acrylic paint makes the walls watertight and easy to clean and disinfect.

Rest Room Ceilings

1.21 The type of rest room ceiling you will clean depends on two things: the type of building the rest room is in, and the plumbing fixtures (sinks, toilets, urinals, showers, and tubs) in the room. The common materials for rest room ceilings are painted plaster, metal pan, and acoustical tile, as shown in Fig. 1-4. Small rest rooms without showers and tubs can have just about any type of ceiling. Larger rest rooms that have many showers and tubs, however, need watertight ceilings. Hospital rest rooms especially must have watertight ceilings that are easy to clean and disinfect.

1.22 *Painted plaster* is the most common type of rest room ceiling. The paint is often an epoxy or acrylic paint. Painted plaster ceilings are watertight and easy to clean and disinfect. They are used in hospitals and other rest rooms where the ceilings must be wet cleaned and disinfected. They are also used in rest rooms that have showers and tubs. The epoxy or acrylic paint keeps the shower water and steam from soaking into the plaster ceiling.

1.23 *Metal pan* ceilings are made from thin sheets of metal that are painted to keep the metal from rusting. Metal pan ceilings are easy to clean and disinfect, but they are not always watertight. For this reason they are not used in shower rooms but are often used in hospitals.

1.24 *Acoustical tile* ceilings do not cost much to install. They are most often used in office buildings. Acoustical tiles are soft, and are made from materials that absorb sound. The tiles will fall apart when they get wet. Therefore, you can only vacuum clean acoustical tile. Do not try to wet clean the tile.

Plumbing Fixtures

1.25 The types of plumbing fixtures (sinks, toilets, urinals, showers, and tubs) in a rest room depend on:

- the type of building the rest room is in
- how many people use the rest room.

Different plumbing fixtures require different cleaning methods. To pick the right method, you must know what each type is, and what it is made of.

The Programmed Exercises on the next page will tell you how well you understand the material you have just read. Before starting the exercises, remove the REVEAL KEY from the back of the book. Read the instructions printed on the Reveal Key. Follow these instructions as you work through the Programmed Exercises.

| | |
|---|--|
| <p>1-1. A small rest room might contain just a sink and a(n) _____.</p> | <p>1-1. TOILET Ref: 1.01</p> |
| <p>1-2. The four most common types of rest room floors are ceramic tile, terrazzo, resilient flooring, and _____.</p> | <p>1-2. CONCRETE Ref: 1.06</p> |
| <p>1-3. You will find _____ floors in most rest rooms.</p> | <p>1-3. CERAMIC TILE Ref: 1.07</p> |
| <p>1-4. What kind of coverings are softer than ceramic tile or terrazzo, and therefore wear out faster?</p> | <p>1-4. RESILIENT Ref: 1.11</p> |
| <p>1-5. Rest room walls must be _____, smooth, and easy to clean and disinfect.</p> | <p>1-5. WATERTIGHT Ref: 1.14</p> |
| <p>1-6. Glazed _____ makes the best rest room walls.</p> | <p>1-6. CERAMIC TILE Ref: 1.15</p> |
| <p>1-7. Rest room walls made of plaster are usually painted with _____ or acrylic paints.</p> | <p>1-7. EPOXY Ref: 1.17</p> |
| <p>1-8. Is vinyl wallpaper completely watertight?</p> | <p>1-8. NO Ref: 1.19</p> |

Sinks

1.26 The type of sink (sometimes called a lavatory) that you will find most often in rest rooms is cast iron coated with *porcelain* (a shiny, glass-like finish). Most people have this type of sink in their homes. It is usually bolted to the wall, but it can be mounted on a floor pedestal or built into a cabinet. Several types of porcelain-coated sinks are shown in Fig. 1-5.

1.27 Other materials used in sinks include slate, stainless steel, terrazzo, and fiberglass. What cleaners you should use on a sink depends on the material it is made from. For example, you can safely use an acid cleaner on slate, but acid can ruin stainless steel and terrazzo. You must know the material a sink is made of before you clean it. You will learn how to clean each type of sink material in Lesson Two.

1.28 Older sinks usually have two water spouts—one cold and one hot. Each spout usually has its own hand-operated valve. The finish on the spouts and valves can be either brass or chrome plate. In newer sinks, you will generally find only one spout and one valve (that mixes the hot and cold water). The spout and valve will be chrome plated.

1.29 Older sinks have rubber stoppers to hold water in them. A stopper is usually tied to a sink with a small chain. Newer sinks have metal stoppers built into the drains. However, rubber and metal stoppers are not used in public rest room facilities. Be sure to remove either type of stopper from the sink drain before using

a drain cleaner. The drain cleaner can build up gases in the drain line that can blow out the stoppers like a shot, and even burn your hands, eyes, and face.

1.30 People who use a rest room sink need soap. Soap can be liquid, powdered, or in bars. Liquid and powdered soap are the most widely used in public buildings. They can be dispensed from separate containers over each sink. Liquid soap is sometimes fed to each sink from a main container through a long tube that has a valve at each sink. The containers are metal, plastic, or glass. If bar soap is used, each sink usually has a sunken place near its edge to keep the bar from sliding off. Because bar soap spreads disease, it should not be used in public rest rooms.

1.31 Many sinks have pipes exposed underneath them—a large pipe for the drain, and two smaller ones for the hot and cold water. Many exposed pipes are fitted with plated metal collars where they enter the floor or wall. In some buildings, single sinks are enclosed or fitted into a cabinet. This cabinet hides the pipes and helps you keep the area under the sink cleaner.

1.32 Most sinks are mounted high enough so that an adult can use them while standing. In lounges and nightclubs, sinks are sometimes mounted much higher than usual to discourage people from using them for urinals. Some sinks are mounted lower than usual so children and people in wheelchairs can use them. Sinks in kindergartens and elementary schools are usually smaller and mounted lower.

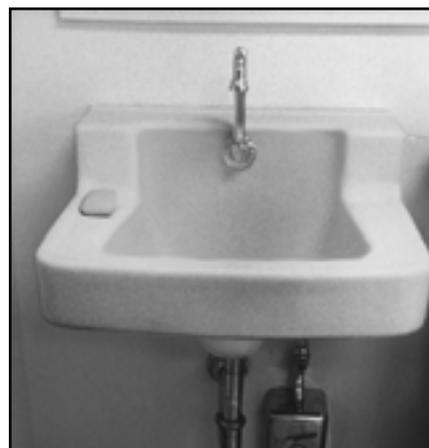
Fig. 1-5. Some types of porcelain-coated sinks



Common



Wheelchair use



Hospital use

Fig. 1-6. Some types of special-purpose sinks



Fountain



Utility

1.33 Sinks for people in wheelchairs are bigger, and the bowl sticks out farther than usual. The bowl is also curved inward to let the wheelchair get close to the sink so that the person does not spill water on himself. The water spout is much higher and the valve handles are bigger than usual so that the person can use the sink without bending over.

1.34 Rest rooms for hospital patients often have sinks with high water spouts. The sinks have special valves and soap dispensers operated by pressing a leg against them. This way, the patient does not use his clean hands to touch anything that could have germs on it.

Specialized Sinks

1.35 Many rest rooms in large industrial plants and shops use special-purpose sinks. Figure 1-6 shows two types of sinks for specialized use. One kind is called a *fountain sink* or *wash fountain*. This type of sink is usually made of terrazzo, stainless steel, or fiberglass. Fountain sinks are large and round, with a high pedestal in the center that discharges water like a fountain. You step on a metal bar to start the water, and take your foot off the bar to shut off the water.

1.36 Fountain sinks allow many people to use them at one time. Soap dispensers are usually mounted on the top of the pedestal. Other large rest rooms might have a big trough sink. These sinks, which are usually fiberglass or plastic, have sets of water spouts and valves arranged side-by-side to serve several people at the same time.

1.37 Some rest rooms have *utility sinks* for the use of custodians. Utility sinks are deep so that you can run water in the sink without splashing the floor and walls. Utility sinks have threaded water spouts to which you can attach a hose. This feature lets you fill mop buckets and other equipment without lifting them. Utility sinks are usually made of fiberglass, stainless steel, or cast iron coated with porcelain. Utility sinks have metal plates around the edges to protect the porcelain from chipping if you should bump it hard or drop something heavy on it.

1.38 In rest rooms near chemical labs, you might find special *slate* or *plastic* sinks. Chemicals do not damage these sinks, which have water valves and high water spouts made of stainless steel. Chemical sinks are usually deep to keep water and chemicals from splashing on the wall and floor.

Toilets

1.39 Toilets, shown in Fig. 1-7 on the following page, are made from *vitreous china* or porcelain. There are two basic types of toilets: tank and flush valve. Tank toilets (usually found in small rest rooms) are like the ones you have at home. A tank sits on the back part of the toilet. Flush-valve toilets are usually found in large rest rooms.

1.40 *Tank* toilets are used in buildings that have normal water pressure. A tank toilet stores water in its tank. When you flush the toilet, the water runs into the bowl and pushes the contents of the bowl down the *trap* and into the sewer line. A *flush-valve*

Fig. 1-7. Some common types of toilets



Tank



Flush-valve



Wheelchair use

toilet uses water pressure that is higher than home pressure to do the same thing. The pipe that supplies water to the flush-valve toilet is usually chrome plated.

1.41 Tank toilets are bolted to the floor. Flush-valve toilets can be bolted to either the floor or the wall. It is easier to clean a rest room when the toilet and all the other plumbing fixtures are mounted on the wall. You can sweep and mop the floor without spending extra time working around the fixtures. Wall-mounted fixtures also give the rest room a much neater look.

1.42 All toilets should have partitions around them. Each toilet should have a door with a latch. Most partitions and doors are made of metal. The metal is coated with paint to keep it from rusting and to make it easy to clean. The partitions are either mounted on floor supports, or bolted to the ceiling and walls. It is easier to clean floors where partitions are bolted to the ceiling and walls. You have to spend extra time cleaning around partition supports on the floor.

1.43 Toilets can have wooden or plastic seats. All toilet seats for industrial use must have “open fronts” to comply with local health codes. You usually find wooden seats on older toilets and plastic on newer ones. Wooden seats are painted when they are made. Both the wood and plastic are smooth when new. Wooden seats, however, begin to crack as the paint wears off. Then germs begin to grow in the cracks, making the seats unsanitary to use. Wooden seats must be replaced when they begin to crack. Plastic seats usually do not crack.

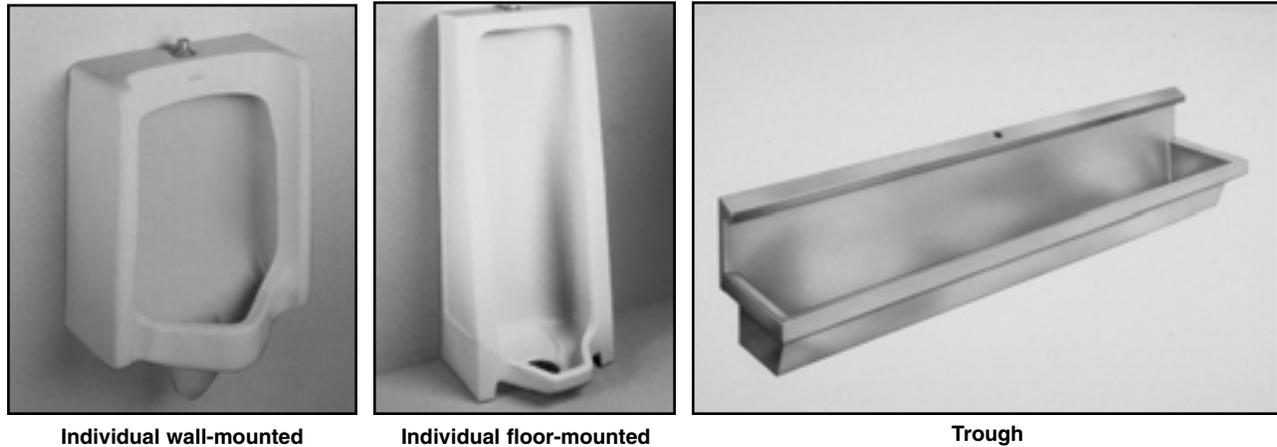
1.44 Some rest rooms have special toilets for people in wheelchairs. These toilets are usually higher than other toilets, and they have special handrails bolted onto the walls or partitions. These handrails help the disabled person to move from the wheelchair to the toilet. There are also special toilets for kindergarten and elementary school rest rooms. These toilets are smaller than usual, making it easy for small children to use them.

Urinals

1.45 Like toilets, urinals are made of vitreous china or porcelain-coated cast iron. There are many types of urinals. The most common type is that used by one person at a time. It can be bolted to the wall, or to the floor. There are also trough urinals that more than one person can use at a time. Figure 1-8 shows each of these types of urinals. You will find trough urinals in large, heavily used rest rooms in very old buildings. Sports arenas and race tracks sometimes have trough urinals, sometimes called *latrines*.

1.46 A urinal can be flushed either manually (by hand) by the person who uses it, or automatically by a light beam as the user steps away from the urinal. Sometimes several urinals are piped to a common flush tank. When the steady flow of water into the tank reaches a preset level, all the urinals flush at the same time.

1.47 Sometimes people throw trash into urinals. Because only water must be allowed to pass through to the sewer, a strainer is placed over the drain to keep

Fig. 1-8. Some common types of urinals

Individual wall-mounted

Individual floor-mounted

Trough

trash from clogging the sewer pipe. The more common strainers are perforated rubber (a small rubber sheet with holes punched in it), and plastic or metal screens that look like a tea strainer turned upside down.

Showers & Tubs

1.48 **Gang showers.** Large rest rooms in gymnasiums, dormitories, prisons, and employee locker rooms often have gang showers. Each shower has its own controls and sprayer or shower head. Small rest rooms usually have single shower units. Figure 1-9 shows both gang and single-unit showers.

1.49 Gang showers usually have ceramic tile or concrete floors. Concrete is coated or sealed with an epoxy or acrylic paint to keep water from soaking into it. Almost all gang shower walls are glazed ceramic tile. Ceilings are most often plaster painted with an epoxy or acrylic paint.

1.50 The shower heads in gang showers can extend from either the wall or from a central stainless steel column. Each head has its own hot and cold water controls. Some gang showers have timers that turn off the water automatically after a certain preset time. This feature avoids wasting water if someone

Fig. 1-9. Typical public rest room showers

Gang

Single-unit

forgets to turn off the shower. Most showers are equipped with a straight head that sprays water in small streams. Some might have a massage head that sprays water in spurts.

1.51 Single showers. Single shower units, depending on the type of building in which they are located, can have floors of ceramic tile, terrazzo, or concrete. The walls can be ceramic tile, fiberglass, metal, or plastic. Most single showers have no ceiling (they are open at the top). Some have fiberglass or painted plaster ceilings.

1.52 All shower floors must be rough enough to keep people from slipping and falling. Single shower units have either a plastic or safety-glass door, or a plastic curtain. The door or curtain keeps the water in the shower so that the floor outside does not become wet and slippery.

1.53 Tubs. Like sinks, most tubs are cast iron coated with porcelain. Some newer tubs are fiberglass. When a tub serves as the floor of a shower, as in Fig. 1-10, the walls are usually glazed ceramic tile, and the opening is covered by sliding plastic or glass doors, or a curtain. The ceiling is almost always plaster, covered by an epoxy or acrylic paint. Special tubs for handicapped persons, as shown in Fig. 1-11, are constructed to allow easy entry from a wheelchair.

Fig. 1-10. Tub and shower combination



Public Rest Rooms

1.54 Rest rooms in public places like train stations and airline and bus terminals must be large enough to handle crowds 24 hours a day. The rest room floor should be very hard (ceramic tile or sealed terrazzo). The floor should have a drain for water overflow from sinks and toilets. The walls should be glazed ceramic tile. Flush-valve type toilets and individual sinks should be bolted to the wall. Urinals should have automatic flushing because the rooms are busy all day. Many modern rest rooms now have special sinks and toilets for people in wheelchairs. Some also have electric hand dryers and disposable paper toilet seat covers provided in dispensers.

Factory and Shop Rest Rooms

1.55 Rest rooms in factories and shops get a lot of use. Almost all workers use the rest rooms at the beginning and end of their shift, on their coffee breaks, and at lunch time. The rooms must be large enough to handle this heavy traffic. Workers bring in a lot of oil and dirt on the bottoms of their shoes. For this reason, the floors should be ceramic tile or epoxy-sealed terrazzo or concrete. The walls should be glazed ceramic tile. Large fountain or trough sinks should also be used. Several types of hand soaps should be kept near the sinks for removing normal and stubborn dirt.

1.56 The toilets in a factory rest room should be the flush-valve type, and urinals should be the individual type that each person flushes after using. (Because all of the urinals are in use at once only during certain periods of the day, a lot of water would be wasted if they had automatic flushing.) Floors are easier to clean when the toilets and urinals are bolted to the wall. Showers should be gang-type with floors and walls of ceramic tile. Ceilings in rest rooms and showers should be plaster, coated with epoxy or acrylic paint.

Sports Arena Rest Rooms

1.57 Rest rooms in most sports arenas are not used every day. When they are used, however, they receive extra heavy use. The floor should be hard (ceramic tile or sealed terrazzo or epoxy-sealed concrete). The walls should be glazed ceramic tile or concrete coated with epoxy or acrylic paint.

1.58 The ceiling should be plaster, painted with epoxy or acrylic paint. Trough urinals with electronic controls should be used, with flushing water running all the time that the troughs are in operation. Trough urinals and individual sinks should also be bolted to the wall. Toilets should be the flush-valve type, bolted to the wall.

Hospital Patient Rest Rooms

1.59 A rest room for a hospital patient should have a sink, toilet, and tub of the type made for handicapped people. The room should have a ceramic tile floor, glazed ceramic tile walls, and a plaster ceiling coated with epoxy or acrylic paint. All the room surfaces should be watertight and easy to clean and disinfect. The toilet should be the flush-valve type, bolted to the wall. A single leg-operated sink should also be bolted to the wall.

Food Service Rest Rooms

1.60 Rest rooms in food service facilities must have watertight ceramic tile or sealed terrazzo floors. Daily floor and wall cleaning is needed to kill germs because workers track a lot of food and oil onto the floor. The walls should be easily cleaned glazed ceramic tile. Individual sinks and urinals and flush-valve toilets should be bolted to the wall. Single-unit showers should be used, with all surfaces smooth and easy to clean and disinfect.

Fig. 1-11. Wheelchair-accessible tub



16 Programmed Exercises

| | |
|---|--|
| <p>1-9. Most sinks are made of _____ iron coated with porcelain.</p> | <p>1-9. CAST Ref: 1.26</p> |
| <p>1-10. Sinks with curved bowls mounted lower than regular sinks are for people in _____.</p> | <p>1-10. WHEELCHAIRS Ref: 1.32, 1.33</p> |
| <p>1-11. Deep sinks with water spouts threaded for connecting a hose are called _____ sinks.</p> | <p>1-11. UTILITY Ref: 1.37</p> |
| <p>1-12. The two basic types of toilets are the _____ and the flush-valve type.</p> | <p>1-12. TANK Ref: 1.39</p> |
| <p>1-13. Toilet seats are usually made of either wood or _____.</p> | <p>1-13. PLASTIC Ref: 1.43</p> |
| <p>1-14. Heavily used rest rooms usually have _____ urinals.</p> | <p>1-14. TROUGH Ref: 1.45</p> |
| <p>1-15. The two types of showers are gang and _____ showers.</p> | <p>1-15. SINGLE-UNIT Ref: 1.48</p> |
| <p>1-16. Gang shower heads may be mounted on a(n) _____ or on a central stainless steel column.</p> | <p>1-16. WALL Ref: 1.50</p> |

Answer the following questions by marking an “X” in the box next to the best answer.

- 1-1. Rest room furnishings include the _____ found in the room.
- a. fixtures and accessories
 - b. floor, walls, and ceiling
 - c. partitions and showers
 - d. sinks, toilets, and urinals
- 1-2. The type of floor found in most rest rooms is
- a. ceramic tile
 - b. concrete
 - c. resilient flooring
 - d. terrazzo
- 1-3. The best material for rest room walls is
- a. glazed ceramic tile
 - b. painted surfaces
 - c. plastic sheets
 - d. terrazzo
- 1-4. Which of the following is a negative feature of vinyl wallpaper?
- a. It comes in only a few colors
 - b. It is expensive
 - c. It is hard to clean
 - d. It is not completely watertight
- 1-5. The most common type of rest room ceiling is
- a. acoustical tile
 - b. ceramic tile
 - c. metal pan
 - d. painted plaster
- 1-6. The shiny, glass-like finish on a cast iron sink is
- a. acoustic
 - b. acrylic
 - c. enamel
 - d. porcelain
- 1-7. Which type of sink operates by pushing with a leg?
- a. Gang
 - b. Hospital
 - c. Trough
 - d. Utility
- 1-8. The two basic types of toilets are the flush-valve type and the
- a. automatic
 - b. pedestal
 - c. tank
 - d. trough
- 1-9. Gang shower walls are usually made of
- a. concrete
 - b. glazed ceramic tile
 - c. resilient coverings
 - d. terrazzo
- 1-10. Gang shower heads may be mounted on a central column or on a
- a. ceiling
 - b. floor
 - c. pedestal
 - d. wall

SUMMARY

Rest rooms are designed to provide comfort and personal hygiene facilities to people. The way a rest room is designed depends on the kind of building it is located in, and on how many people use the rest room at one time. In rest rooms, the custodian's main concern is to keep the room's surfaces and fixtures clean and germ free.

All rest rooms have three kinds of surfaces that must be kept clean—the floor, the walls, and the ceiling. Surface cleaning methods vary depending on the type of building the rest room is in, how easy the room is to clean and disinfect, and how long the surfaces will last.

Rest room floors are usually made of one of four types of material: ceramic tile, terrazzo, resilient flooring, or concrete. The most common rest room floor material is flat finished ceramic tile, which is watertight and easy to clean and disinfect. Terrazzo, resilient flooring, and concrete must be covered with a sealer because they are full of holes that can collect dirt and germs. Com-

mon rest room wall materials are glazed ceramic tile, plastic sheets, or plaster or drywall painted with an epoxy or acrylic paint. Less common are walls made of vinyl wallpaper, concrete, or cinder blocks. As in floors, ceramic tile is the most common rest room wall material. Rest room ceilings are usually made of painted plaster, metal pan, or acoustical tile.

The plumbing fixtures in a building's rest rooms usually include sinks, toilets, urinals, and less often, showers and tubs. The type of material a fixture is made of determines how it should be cleaned. Most fixtures, except showers, are made of cast iron coated with porcelain. Showers can be made of a variety of materials. Various specialized fixtures can be found in rest rooms, especially sinks and toilets for handicapped persons.

Different rest rooms require different care. As a custodian, you should pay special attention to the cleaning needs of rest rooms in factories and shops, sports arenas, hospitals, and food service facilities.

Answers to Self-Check Quiz

- | | | | | | |
|------|----|--|-------|----|--------------------------------|
| 1-1. | a. | Fixtures and accessories. Ref: 1.03 | 1-6. | d. | Porcelain. Ref: 1.26 |
| 1-2. | a. | Ceramic tile. Ref: 1.07 | 1-7. | b. | Hospital. Ref: 1.34 |
| 1-3. | a. | Glazed ceramic tile. Ref: 1.15 | 1-8. | c. | Tank. Ref: 1.39 |
| 1-4. | d. | It is not completely watertight. Ref: 1.19 | 1-9. | b. | Glazed ceramic tile. Ref: 1.49 |
| 1-5. | d. | Painted plaster. Ref: 1.22 | 1-10. | d. | Wall. Ref: 1.50 |

Contributions from the following sources are appreciated:

- Figure 1-8. Crane/Fiat Plumbing
Elkay Manufacturing Company
Figure 1-11. Silcraft Corp.