

Cleaning and Disinfecting Sleeping Mats



Clean and disinfect sleeping mats daily and between client use.

- 1**
 - ✔ Gather cleaning and disinfection supplies.
 - ✔ Choose/prepare appropriate cleaning and disinfectant product(s) for where you are going to clean. Make sure you know how to safely use the product(s).
 - ✔ Clean hands and put on gloves.
 - ✔ If linens have been used, remove and place into a linen bag for dirty laundry.
 - Remove gloves, clean hands, and put on new gloves.

- 2**
 - ✔ Clean the top and sides of the mat from the foot to the head using a cleaning product.
 - Make sure to clean the edges.
 - Turn the mat and clean the other side.
 - ✔ Repeat the above step using a disinfectant.
 - ✔ While cleaning, inspect the mat for:
 - Cracks or holes and replace as required.
 - Pests.
 - ✔ Allow mat to dry completely.

- 3**
 - ✔ Throw out any used paper towels or cleaning/disinfecting wipes in the garbage.
 - If cleaning cloths were used, place them in a bag for dirty laundry.
 - ✔ Take off gloves and throw them into the garbage.
 - ✔ Clean hands.

