

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.

