

As a Northern Commercial Cleaning operative, you play a vital role in preventing the spread of germs and infections. Your cleaning helps protect people, reduces illness and creates safer environments. **Work hygienically. Follow the procedures. Break the chain of infection.**

01 UNDERSTAND INFECTION PREVENTION



- Germs can spread when surfaces, equipment or hands are contaminated.
- Cleaning removes dirt and germs.
- Disinfecting kills germs on surfaces where required.
- Follow procedures to break the chain of infection.
- Stay alert, work hygienically and protect yourself and others.

02 FOCUS ON HIGH TOUCH POINTS



- These areas are touched frequently and can spread germs quickly.
- Clean and disinfect high touch points every time.
- Don't forget areas that don't look dirty.

03 APPLY GOOD HAND HYGIENE



- Wash your hands regularly with soap and warm water.
- Do this before starting work, after using the toilet, after handling waste and after cleaning.
- Use hand sanitiser if hand washing isn't possible.
- Gloves do not replace good hand hygiene.

04 PREVENT CROSS-CONTAMINATION



- Use the correct colour-coded cloths and equipment.
- Use separate equipment for toilets, kitchens and general areas.
- Change cloths regularly and when soiled.
- Never use a dirty cloth on another surface.
- Keep clean and dirty equipment separate.

05 USE PRODUCTS CORRECTLY



- Always follow the product label and site cleaning schedule.
- Use the correct dilution.
- Clean before disinfecting if required.
- Allow the product to work for the correct contact time.
- Never mix chemicals.

06 REPORT & DEAL WITH CONTAMINATION



- Report spills of bodily fluids immediately.
- Put up a warning sign and keep others away.
- Wear appropriate PPE.
- Clean using the correct products and method.
- Dispose of waste safely.
- Report issues to your supervisor.

BEFORE YOU LEAVE THE SITE



TASKS COMPLETE
Have all required tasks been completed?



WORK CHECKED
Have you checked all areas and standards?



EQUIPMENT CLEANED
Is all equipment clean, working and ready for next use?



PROBLEMS REPORTED
Have you reported any issues, damage or hazards?



SITE SECURE
Are doors secure, lights off and site left as instructed?



KNOWLEDGE CHECK

Circle the correct answer or write your response.

- 1 Why is hand hygiene important in infection prevention?
- 2 Name three examples of high touch points.
- 3 What should you do before disinfecting a surface?
- 4 What must you do if you spill bodily fluids?



TRAINING RECORD

I confirm that I have received, read and understood the content of Module 7 – Infection Prevention & Hygiene.

Employee Name: _____ Date: _____

Employee Signature: _____

Trainer Name: _____ Date: _____

Trainer Signature: _____ Date: _____

i This training does not replace site specific instructions or risk assessments. Always follow the rules and use your equipment as directed.