

COURSE OVERVIEW

Essentials of Housekeeping

TIHK-101



01892 535 550

www.timelyintervention.co.uk
til@timelyintervention.co.uk

The role of a professional cleaner often requires working alone and involves inherent hazards related to the safe use of equipment, handling hazardous chemicals, ergonomic risks, and personal security. This course raises awareness of potential hazards and provides valuable tips to help ensure safe working practices and prevent injury.

Module 1: Preparing to clean

Cleaning work often involves working alone and carries risks, including handling hazardous chemicals, operating equipment, poor ergonomic practices, and personal safety concerns.

- Safe handling of a cleaning trolley
- Safe handling of a cleaning caddy
- Pre-cleaning checks
- Recommended equipment
- Vacuum cleaner safety checks

Module 2: Safe room cleaning

This course covers essential cleaning routines, chemical handling, and infection control principles, with a focus on protecting both guests and staff.

- The importance of chemical dwell time
- The importance of Personal Protective Equipment
- How to safely turn or rotate a mattress
- Safe handling of sharps and needles
- End of shift checks

Suitable for:

Cleaning professionals, and supervisors of hotel and guest house housekeepers, residential cleaners, and office cleaners. Health and Safety Advisors.

Skills achieved:

- Health and Safety (Beginner)
- Housekeeping (Beginner)

Related Resources:

- Housekeeping managers' checklist
- PPE checklist
- Pre-work – PPE brief
- Office slips and trips risk assessment
- Lone worker checklist
- Lone working risk assessment
- Lone working audit

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

27 Minutes

Related Courses:

- Laundry Duties
- Cleaning Public Spaces
- Slips and Trips
- COSHH
- Fire Safety for team members
- Personal Protective Equipment
- Lone Worker
- First Aid Awareness