




# Cleaning Manual







# Cleaning tips:

- **Organization and planning.** Another factor that helps is assigning household chores to the different members who live in it.
  - **Order first, then clean.**
  - **Never mix degreaser with another cleaning product.**
  - **Always clean from top to bottom:** this way the dirt that falls is the last thing you clean.
- 





# Cleaning Routines :

## 1. Daily:

- C**lean the kitchen every time you use it, be sure to clean all surfaces after use.
- C**lean the bathroom every time you use it.
- S**weep the floors and remove the exterior of the trash.

## 2. Weekly:

- W**ash the bathrooms (toilet, shower, surface, sink, mirror)
- W**ash the clothes and Shake the furniture, Change the sheets.
- S**weep and clean floors

## 3. Monthly:

- C**lean ovens, refrigerator, lamps, tiles, and trash cans.
- 



# BATHROOM



Do a quick wipe down of the countertops and toilet handle at the end of each day



Close your shower curtain completely after every shower



Remove lingering water in your shower using a squeegee

## 1. Remove lingering water in your shower:

Use a squeegee to wipe down the walls and tub after you shower. Leftover water droplets and soap can eventually lead to mold and mildew growth and soap scum build-up.

**2. Clean the toilet:** Every week or two do a thorough cleaning of your toilet. Use a toilet bowl cleaner and scrub brush for the inside of the toilet, and wipe down the outside of the toilet with disinfecting wipes or spray.

**3. The bathroom floor:** Sweep and mop bathroom floors every week to remove hair and dead skin cells. Vacuum any rugs that are present, as these will likely collect dirt, hair and dust as well



**The kitchen** is the most important area of your apartment to keep clean. Germs and bacteria can form and eventually contaminate your food and your hands if your kitchen is unclean for long periods.


## KITCHEN

Put dirty dishes  
in the dishwasher  
or hand wash them  
before bed each night

Hang your dishrag  
to dry overnight

After you're done  
with the dishes,  
clean your sink with  
disinfecting spray

Wipe down  
the counters with  
disinfecting wipes  
at the end of the day



**The secret to avoiding spending hours or entire weekends doing a deep clean of your apartment is keeping up with things a little each day. Even doing simple tasks like wiping off the kitchen counters after you make a sandwich or placing your dirty socks in the hamper instead of on the floor will save you time in your regular cleaning sessions.**



# What are we going to need?

**VACUUM CLEANER, MOP, BROOM AND DUSTPAN, STEEL CLEANER, GARBAGE BAGS, MICROFIBER RAGS, SCOURERS, CLOTHS, GLOVES, BRUSH, SPONGE, CLEANING CHEMICALS**

# Where can I go shopping?

**BIENDRONKA, LIDL, GALERIA LESZNO, ŻABKA, ROSSMANN**





**CIF**  
**Kitchen Degreaser**  
**(Odtłuszczacz kuchenny)**

- Spray onto the surface and leave for a few seconds, then wipe with a cloth.
- For tougher dirt, leave for a few minutes before wiping.
- Do not use on appliance lettering, symbols or wooden surfaces

***home substitute***

*Mix 2 cups of warm water, 1 tablespoons of baking soda, and 20 drops of lemon essential oil in a spray bottle. Spray on grease and wipe away with a damp towel.*





## **Domestos Toilet Cleaner (WC Żel do Toalety)**

- Apply this thick toilet gel under the rim of the toilet and leave it overnight to kill germs and remove stains.
- Removes bacteria, fungi, spores, viruses.
- sprayed during flushing for a long time
- Has whitening properties

### ***home substitute***

*Mix 1/4 cup baking soda into 1 cup white vinegar. Dump this mixture into the toilet bowl and let it fizz for 5-10 minutes. Then scrub it with a toilet bowl brush and flush.*





**AJAX**  
**Floor Cleaner**  
**(PŁYN DO MYCIA PODŁÓG)**

- It can be diluted with water or used undiluted.
- Washes and makes cleaned surfaces shine
- Suitable for all large and small smooth surfaces.

***home substitute***

*Mix 1 gallon of hot water, 3/4 cup of olive oil and 1/2 cup lemon juice and Simply apply it to your floors with a mop.*





**Clin**  
**Glass Cleaner**  
**(Środek do czyszczenia szkła)**

- perfectly dissolves all types of dirt
- Rub the wet mop and keep rubbing until you feel the surface should be clean (don't let it dry up)

***home substitute***

*Use one cup of rubbing alcohol, one cup of water, and one tablespoon of vinegar per batch. Fill the spray bottle and use as a glass cleaner.*





## **Kret Clogged Pipe Cleaner**

- Modern preparation for the chemical unclogging drains, pipes and siphons in the plumbing and sewage installations, which automatically removes any solid and organic contaminants
- Eliminates unpleasant odors

### ***home substitute***

*Clear the area around your sink and put a 1/2 cup of baking soda down the drain. Follow that with a 1/2 cup of vinegar. Now plug your drain and let it sit for an hour.*





**Eilfix ENTKALKER**  
**Kettle Descale**  
**(Odwapnianie czajnika)**

- descaling agent for the kitchen: coffee machines, kettles, water boilers, percolators

***home substitute***

*fill the kettle with a mixture of half white vinegar and half water, and leave to soak overnight. In the morning, the limescale will come off easily.*





## **Cillit BANG Bathroom Descale (odkamieniacz do lazienki)**

- Kills 99.9% of bacteria
- Provides hygienic cleanliness
- Visible results after just a few seconds
- Works on various surfaces
- You can use on ceramic tiles, sinks, litter bins, bathtubs, shower cabins etc.

### ***home substitute***

*Mix 1 ½ cups of baking soda, ½ cup of warm water, ½ cup of liquid soap, 2 tablespoons of white distilled vinegar, or apple cider vinegar. Spray and scrub the surface.*