

Work during COVID-19: Janitors and Custodians



How to Protect Yourself and Others

- If disinfecting an area where people with COVID-19 have been you should receive training from your employer **BEFORE** you start.
- Training on the chemicals and the personal protective equipment you will be using is required by OSHA.
- Use chemical-resistant **gloves**, such as nitrile gloves, to protect yourself from cleaning chemicals.
- Always use **eye protection** (splash goggles) when mixing chemicals.
- Whenever possible use ethyl alcohol, isopropyl alcohol, or hydrogen peroxide as disinfectants. These are safer than most other cleaning agents.

Mix cleaning and disinfecting solutions as directed in an area with good air flow.

- Make sure you have plenty of air flowing where you are disinfecting or cleaning.
- If you are cleaning in a bathroom or other small space, keep the door open as wide as possible. Use a fan if one is available to blow air out of the room.
- Remember **do not touch** your face, eyes, or nose while working.
- If needing to mix chemicals, do this near an eyewash as required by the safety data sheet.

Always wash your hands for 20 seconds with soap and water during breaks and before you eat.

- Use hand sanitizer with at least 60% alcohol if you can't wash your hands.

Cover any cuts, scratches, or open skin wounds with a secure bandage.

- Change these often.

Cleaning and Disinfecting Process:

1. Clean the surface with a detergent or general-purpose cleaner.
2. Rinse or wipe the surface with clean water.
3. Disinfection should always take place last to ensure that any leftover germs are destroyed. Disinfectants may not work when applied directly to dirty surfaces, because germs and viruses can hide under dirt and grime.
4. A disinfectant needs to be left wet on the surface for at least 10 minutes to kill germs, or use the longest contact time or most concentrated solution to kill viruses as noted in the disinfectant directions.
 - a. [EPA Coronavirus Guidelines \(https://www.epa.gov/coronavirus\)](https://www.epa.gov/coronavirus)
 - b. [EPA Disinfectants for Use Against SARS-CoV-2 \(https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2\)](https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)

Clean and disinfect all frequently touched surfaces. These include:

- Door handles
- Cash machine keypads
- Remote controls
- Light switches
- Glass doors from 4 feet up
- Faucets
- Towel dispensers
- Soap dispensers
- Grab bars and stair rails
- Cabinets and countertops in higher traffic areas
- Telephones
- Other surfaces frequently touched by customers
- For soft surfaces such as carpet, see EPA guidance below

FOR MORE INFORMATION:

Cleaning and Disinfecting Your Facility:

(<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>)

Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes:

(https://www.epa.gov/sites/production/files/2020-04/documents/316485-c_reopeningamerica_guidance_4.19_6pm.pdf)



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