



Cleaner

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Co-funded by the
Erasmus+ Programme
of the European Union

Cleaner

Project Title: Innovative and Practical
training for low-skilled and migrants
Jobs

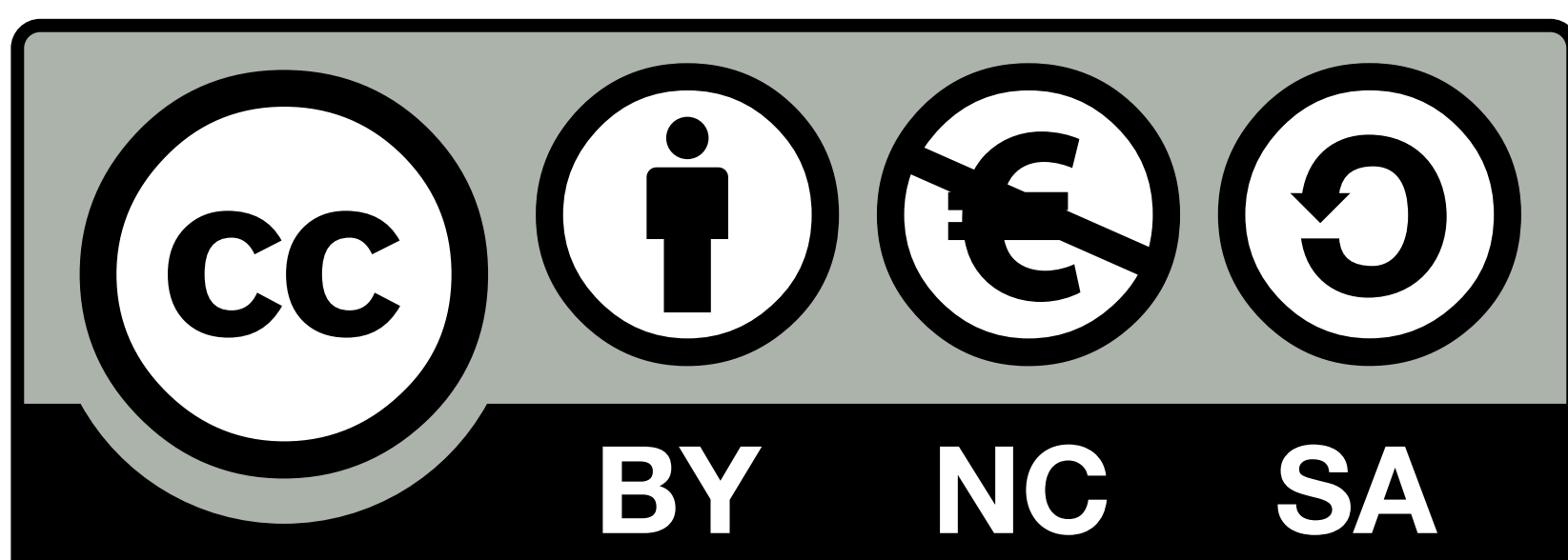
Main objective of the project:

Our goal is to give you, the trainers or educators, the right tools to create the right environment for your students to thrive both in the classroom, but more importantly, on the labor market, after completing your classes.



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Job title

Cleaner

ISCO 08 Occupation

Cleaning and Housekeeping
Supervisors in Offices, Hotels
and Other Establishments 340

Description of the Profession

Cleaning and housekeeping supervisors in offices, hotels and other establishments organize, supervise and carry out housekeeping functions in order to keep clean and tidy the interiors, fixtures and facilities in these establishments.

Description of functions

- Cleaning and housekeeping in offices, hotels and other establishments organize and carry out housekeeping functions in order to keep clean and tidy the interiors, fixtures and facilities in these establishments.
- The cleaning staff takes care of sweeping or vacuum-cleaning, washing and polishing floors, furniture and other fixtures.
- Making beds, cleaning bathrooms, supplying towels, soap and related items.
- Cleaning kitchens, including dishwashing and wiping the countertops.
- Restocking mini-bars and replenishing items such as drinking glasses and writing equipment.

Work conditions

The knowledge, skills, aptitudes and attitudes in cleaning jobs, in this work environment refer to cleaning and preparation of hotel rooms, classrooms, staff kitchen, elevator and bathroom, environmental protection.

To carry out the work tasks, general competencies are also important, such as: basic knowledge about cleaning, communication at the workplace, use of safety protection at the workplace, teamwork, organizing regarding the workplace, planning the next steps.

Occupational interests: good service skills, work under pressure, stress resistance and problem solving.

Requirements of job holder

- age: not younger than 16 years
- basic knowledge about cleaning
- motivation and interest for work

Unit 1 **Cleaning bathroom**

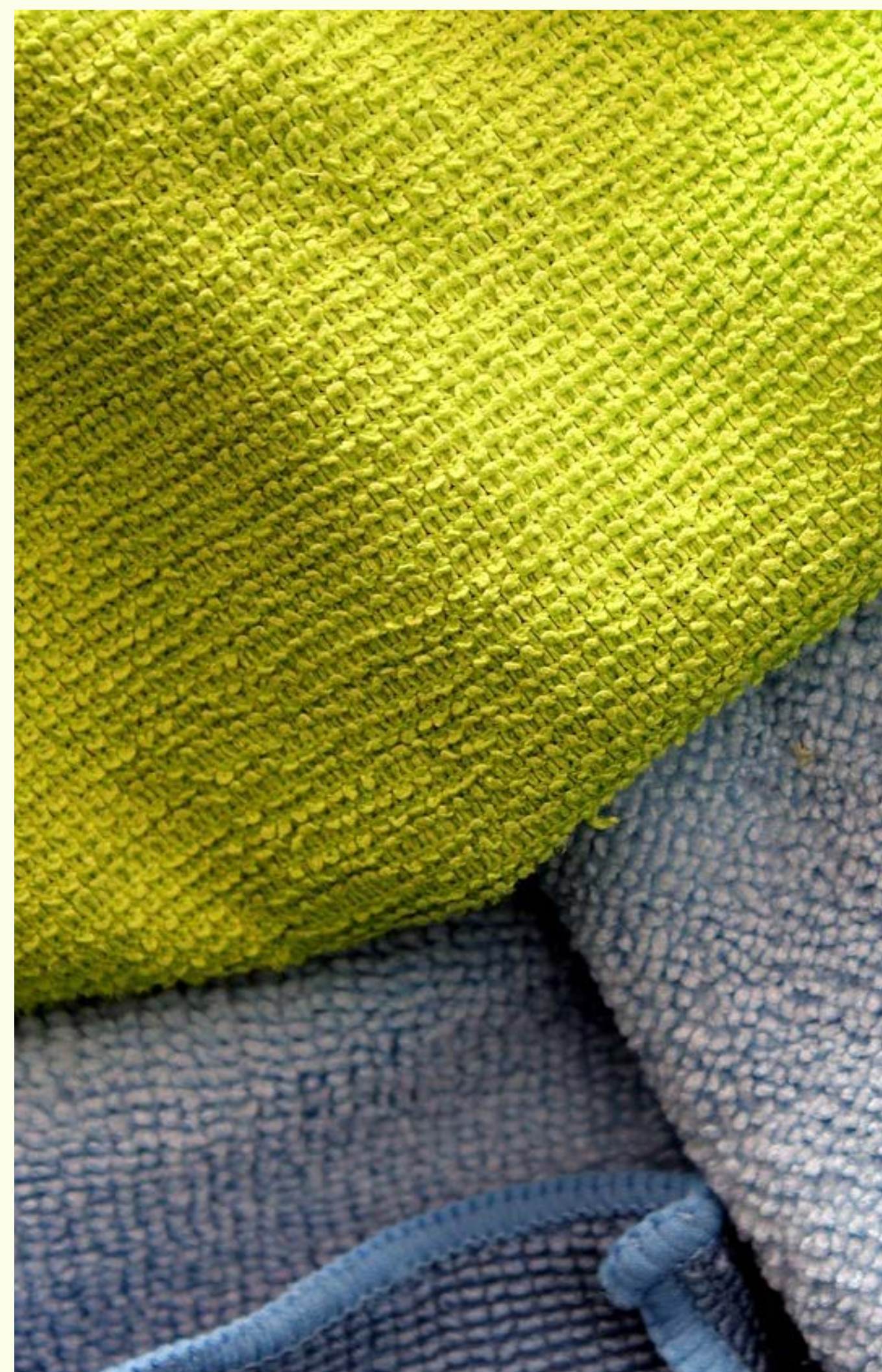
Learning objectives

- clean toilet
- sink
- shower / bathtub
- clean adverbial surfaces
- sterilize
- identify the equipment needed



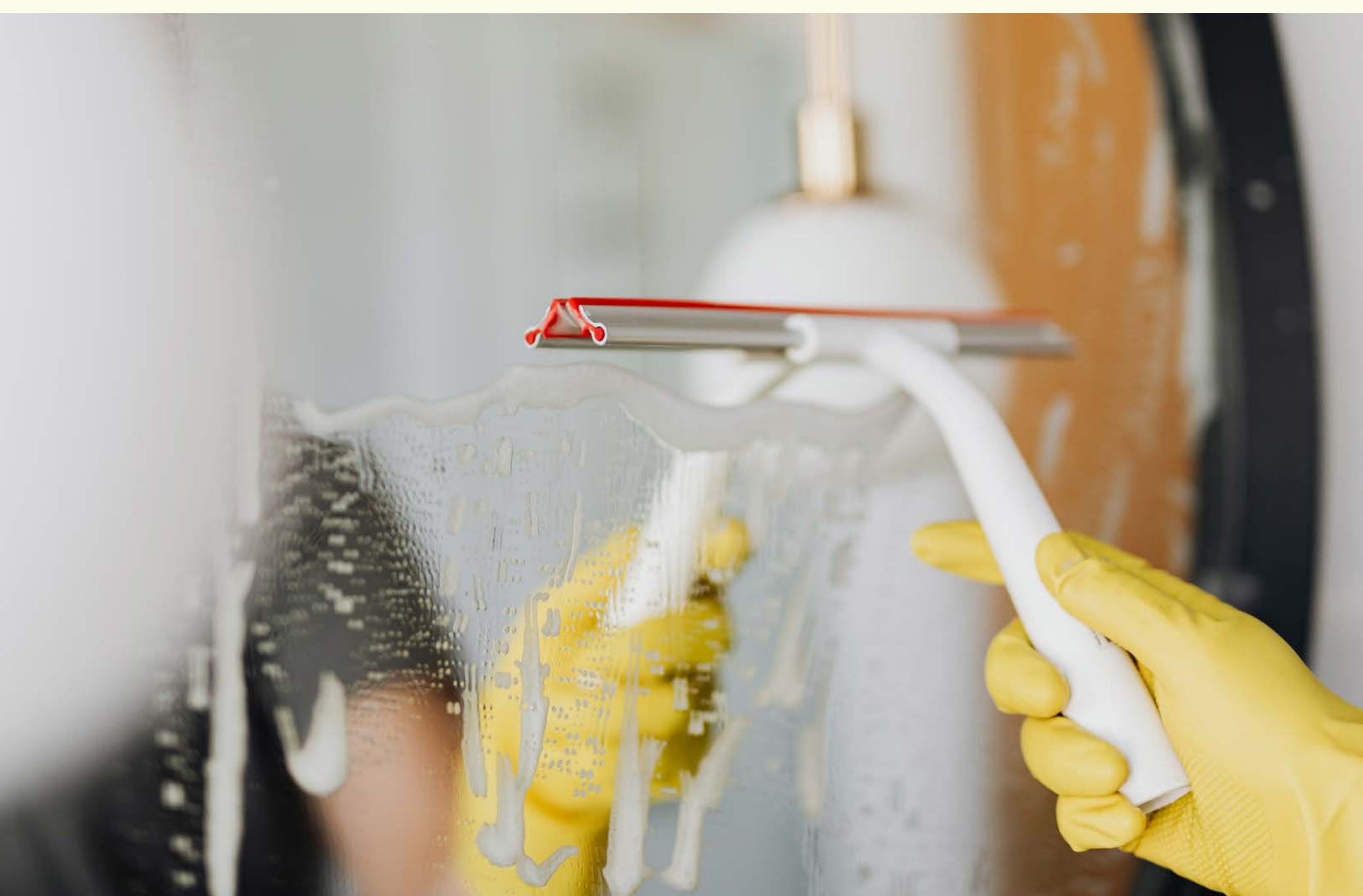
Tools needed

Cloths in two colors, brush, rag, soap, water, spray for mirrors



Steps

1. Choose and prepare the tools: cloths, brush
2. Clean the toilet. Put the soap in and brush. Use cloth and soap to clean the surface
3. Spray soap and use cloth to clean the sink
4. Spray soap and use cloth to clean the shower/bathtub
5. Spray and clean the mirror
6. Put soap to the soap dispenser
7. Change towels and put clean towels instead
8. Mop the floor



Unit 2 **Cleaning a hotel room**

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Learning objectives

- select and prepare the tools
- knows what material to use
- know the difference between soaps
- knows in what steps to clean
- can prepare the room for next guest



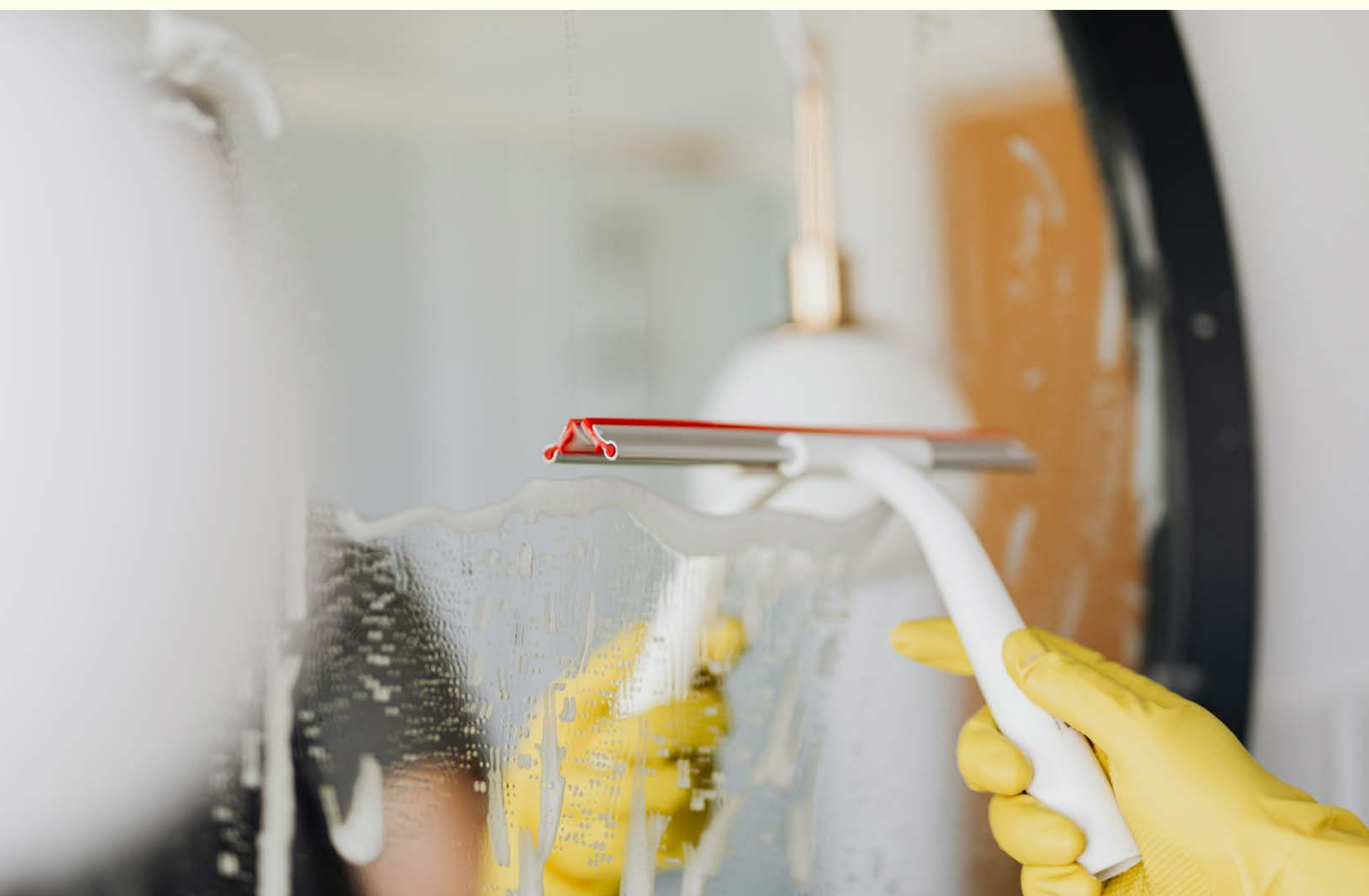
Tools needed

Cleaning cart: soapy substance, rag, linen



Steps

1. remove dirty linen
2. remove the trash
3. clean table, surface with a wet rag
4. put clean sheets on the bed
5. vacuum the floor
6. refill coffee and put clean cups and teaspoon on the coffee table
7. clean mirrors with a spray and a rag



Unit 3 **Cleaning a canteen**

Learning objectives

- Select and prepare the tools
- knows what material to use
- Clean small kitchen on a working place



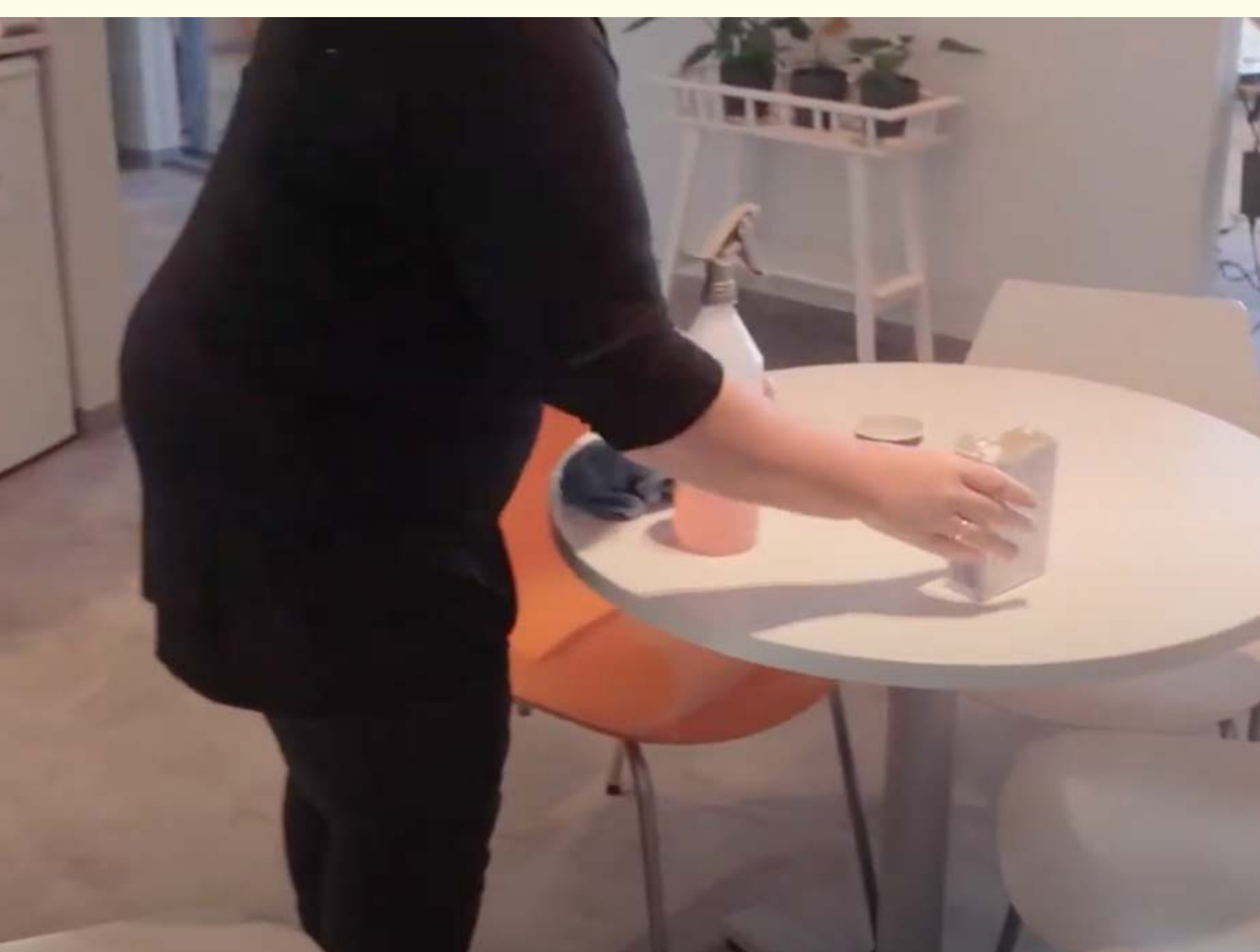
Tools needed

Cloths, brush, soap, water



Steps

1. remove debris from tables
2. clean dishes and arrange in cupboards
3. wipe the table
4. arrange chairs
5. remove debris and put outside to the trash

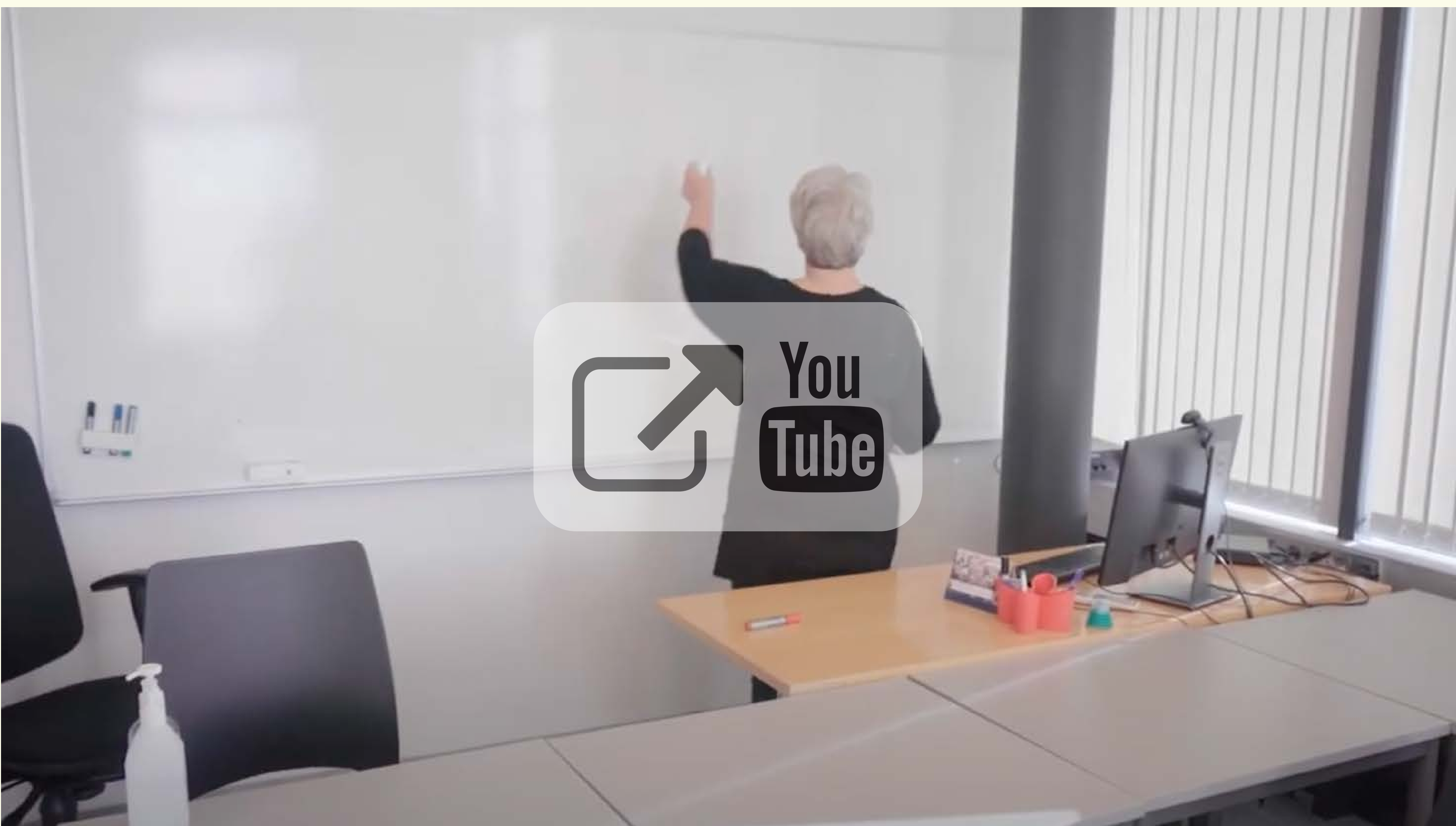


Unit 4 Cleaning a classroom

21

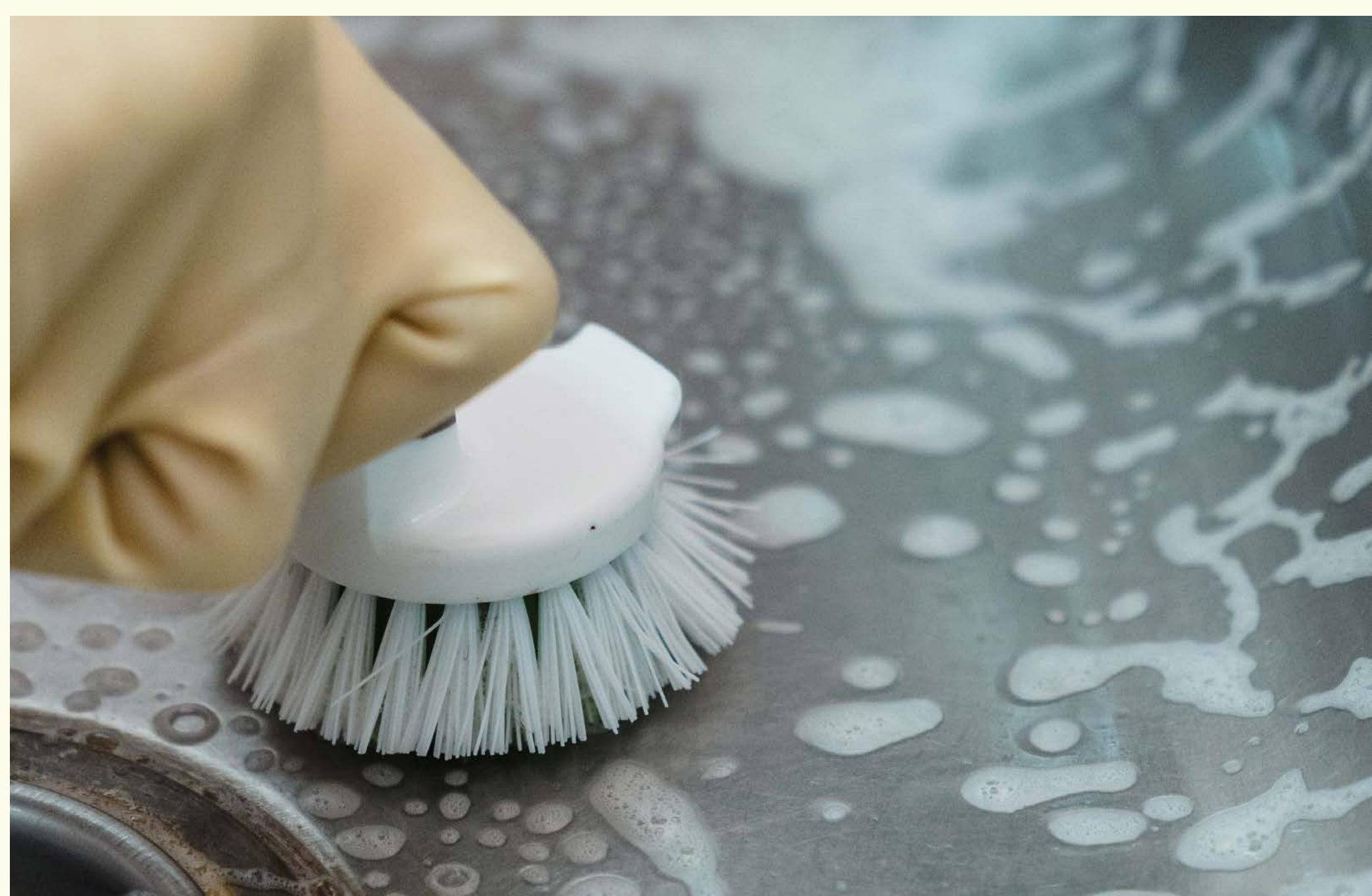
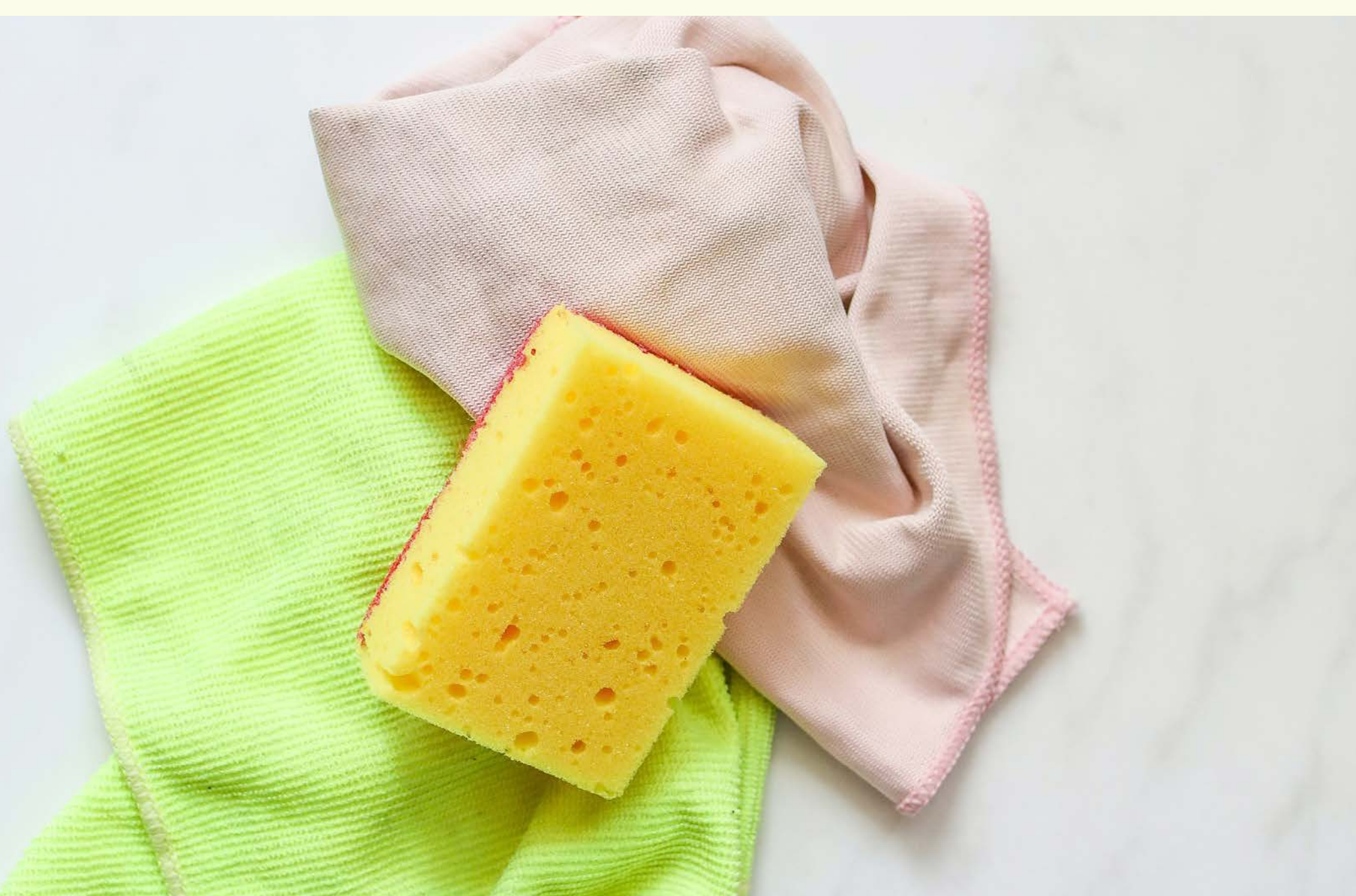
Learning objectives

- select and prepare the tools
- clean classroom and prepare for next day



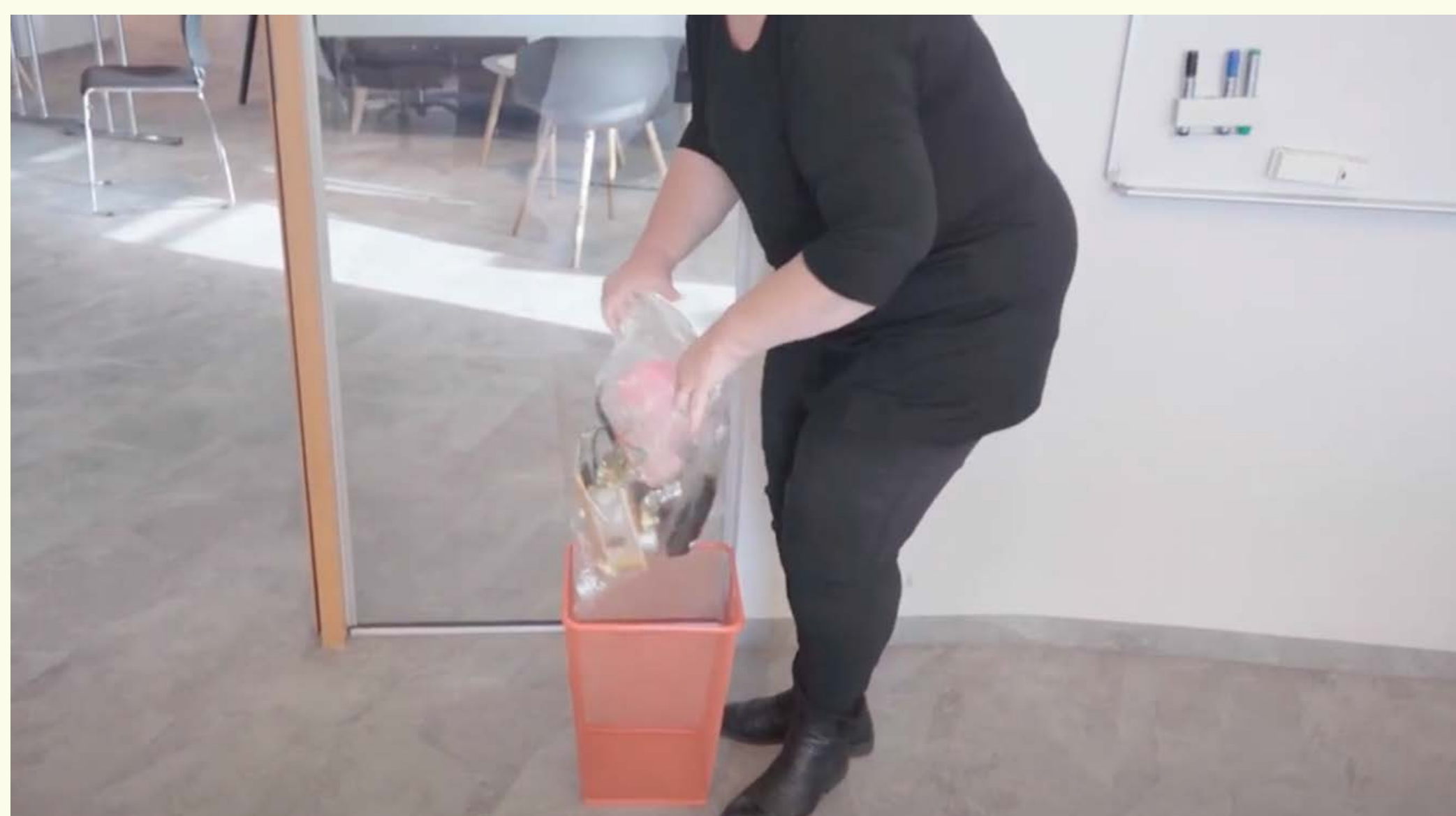
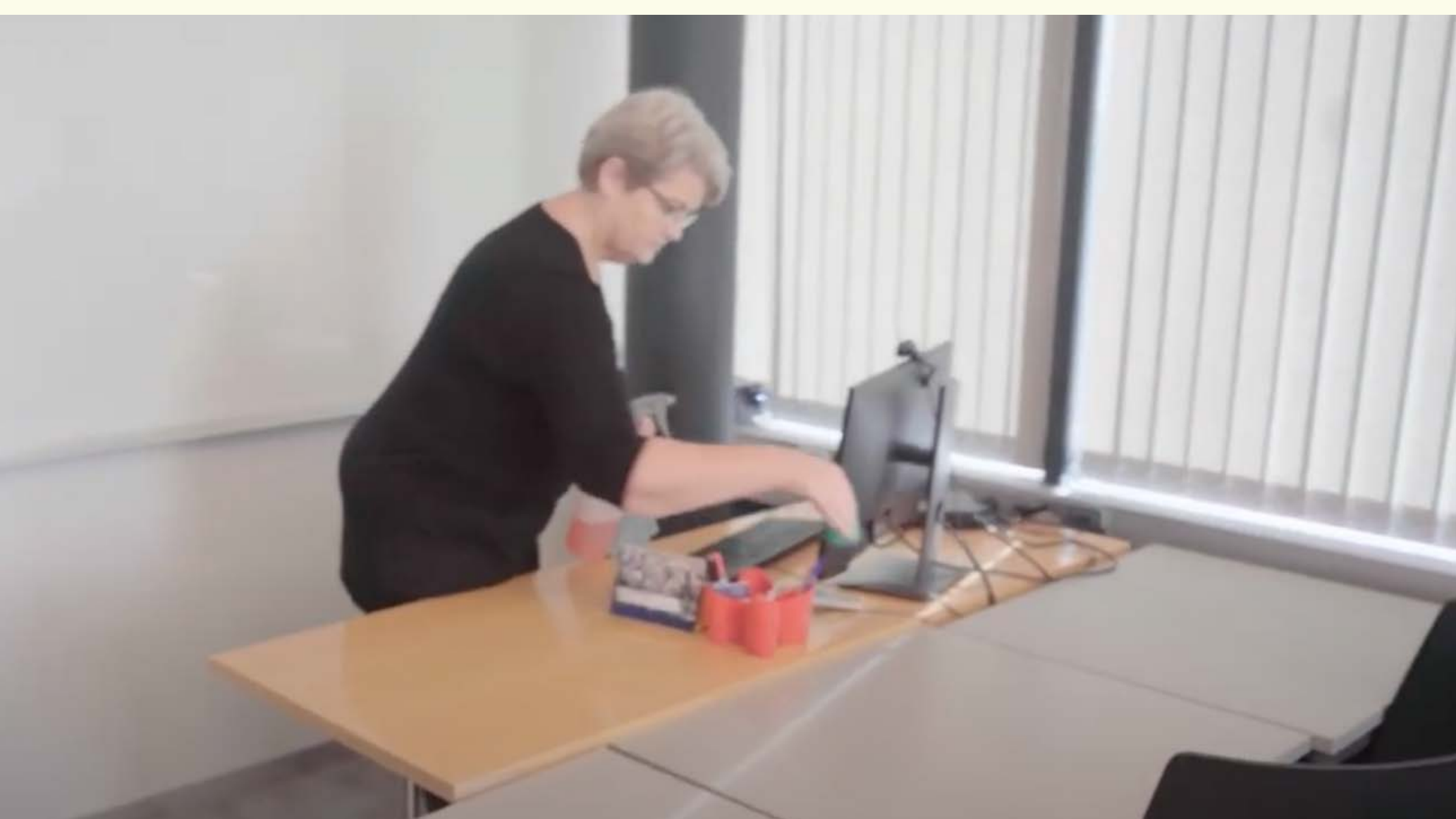
Tools needed

Cloths, brush, soap, water



Steps

1. Remove debris from table
2. Clean tablet with spray and rag
3. Clean all tables with spray and a rag
4. Clean windows
5. Arrange chairs at the tables
6. Remove trash and place a new bag in a trash can



Unit 5 **Cleaning an office kitchen**

Learning objectives

- select and use the right cloth and soap/spray
- clean efficiently



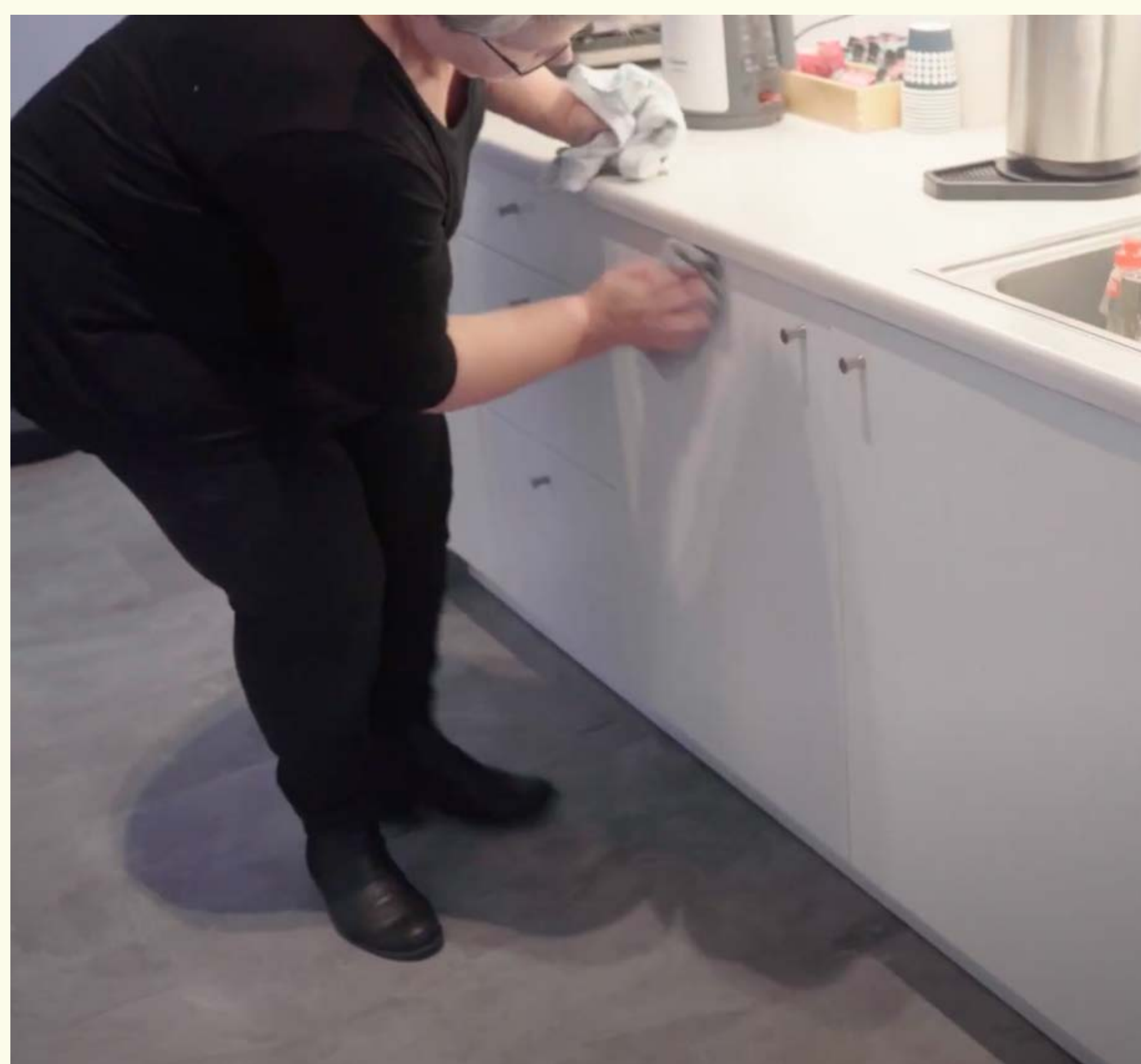
Tools needed

Cloths, soap, trash bag



Steps

1. remove debris from tables
2. clean dishes/cups and arrange in cupboards
3. wipe the table
4. clean the sink
5. sanitize



Unit 6 Cleaning an elevator

Learning objectives

- select and use the right cloth and soap/spray
- clean efficiently



Tools needed

cloth, spray



Steps

1. spray the control buttons with soap and wipe it down with cloth
2. spray on the surface area and wipe down



Unit 7 **How to clean lavatory, sink and mirror**

Learning objectives

- select and use the right cloth and soap/spray
- clean the sink, mirror, soap dispenser
- clean efficiently
- empty the trashcan



Tools needed

Different types of cloth/rag and soaps/spray, trash bag



Steps

1. take all the trash and throw it away
2. spray soap on sink and mirror
3. wipe with the right cloth the mirror
4. wipe the soap dispenser and sink
5. sanitize all the surface area
6. go over and make sure you did not forget anything



Unit 8 **How to wipe the floor**

33

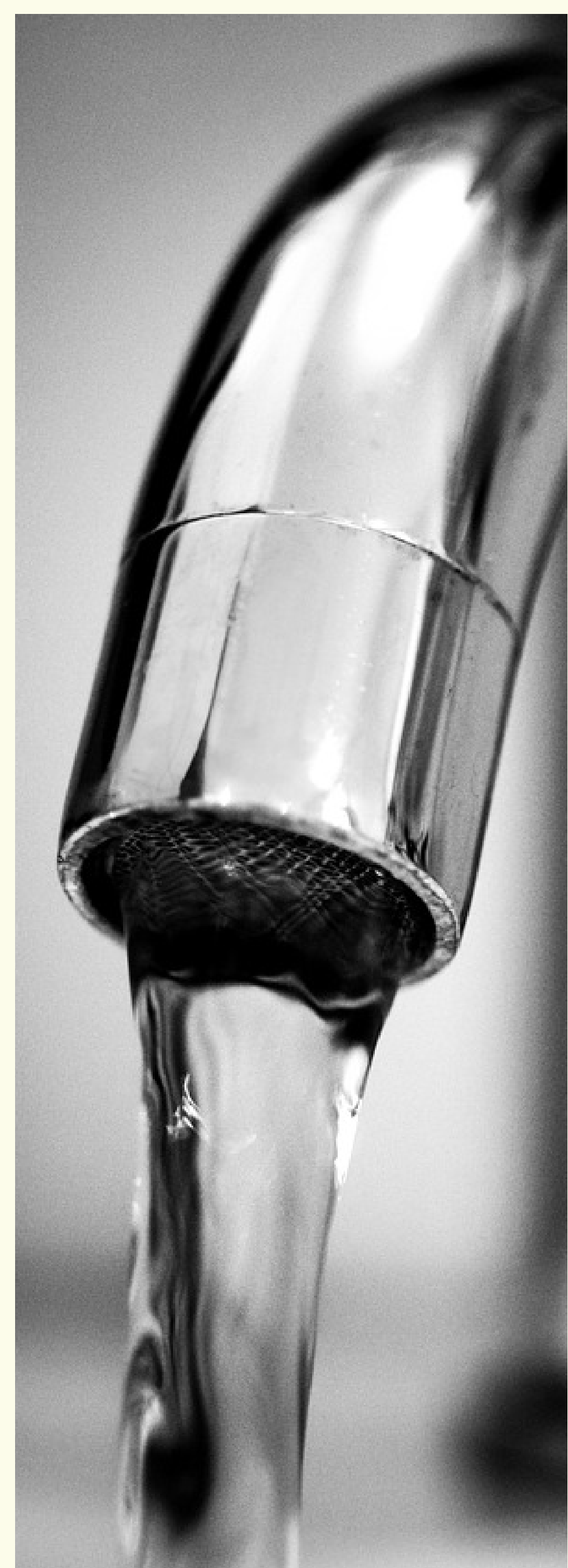
Learning objectives

- select and use the right mop, rag and soap
- use the right soap
- clean efficiently



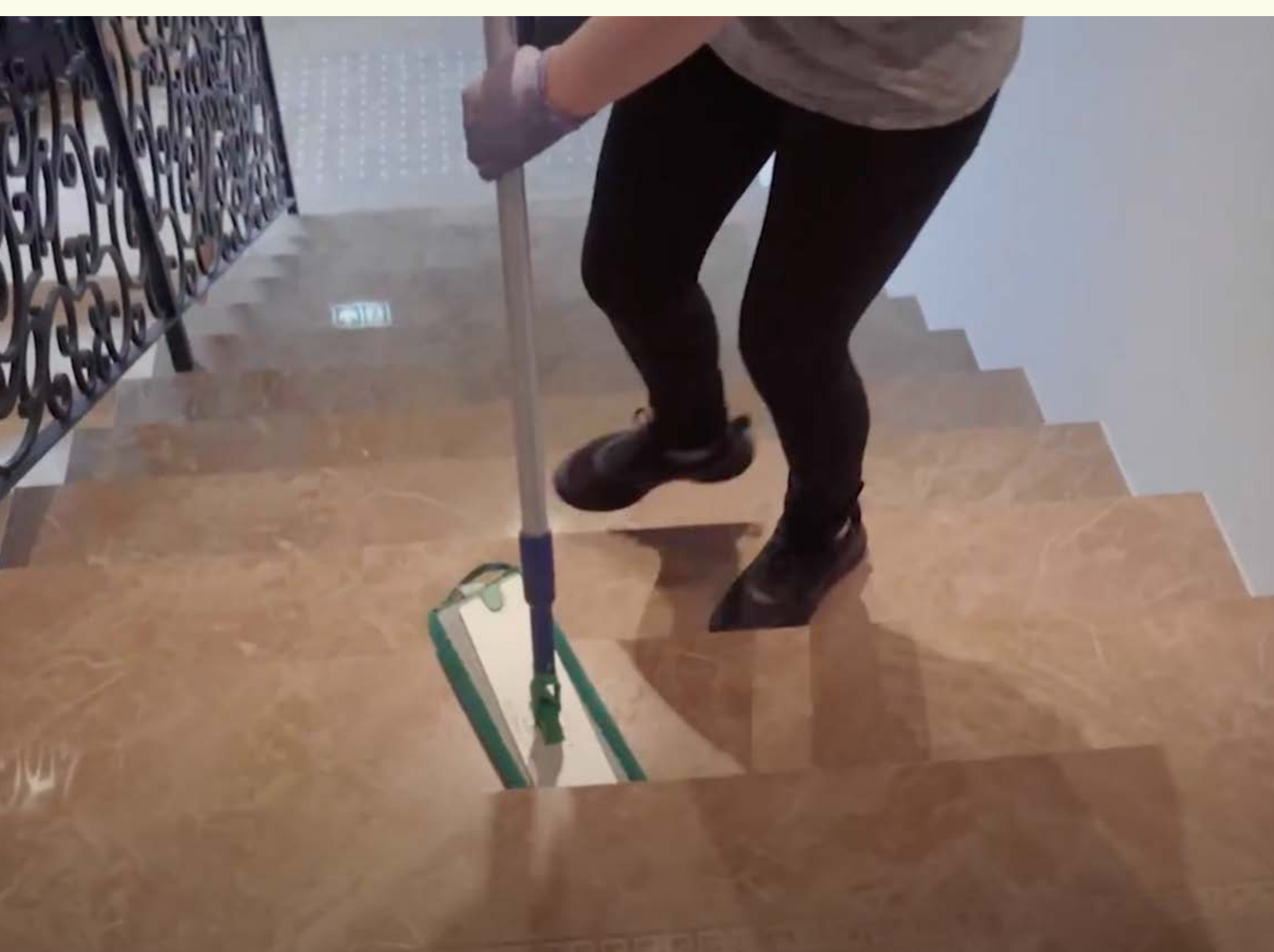
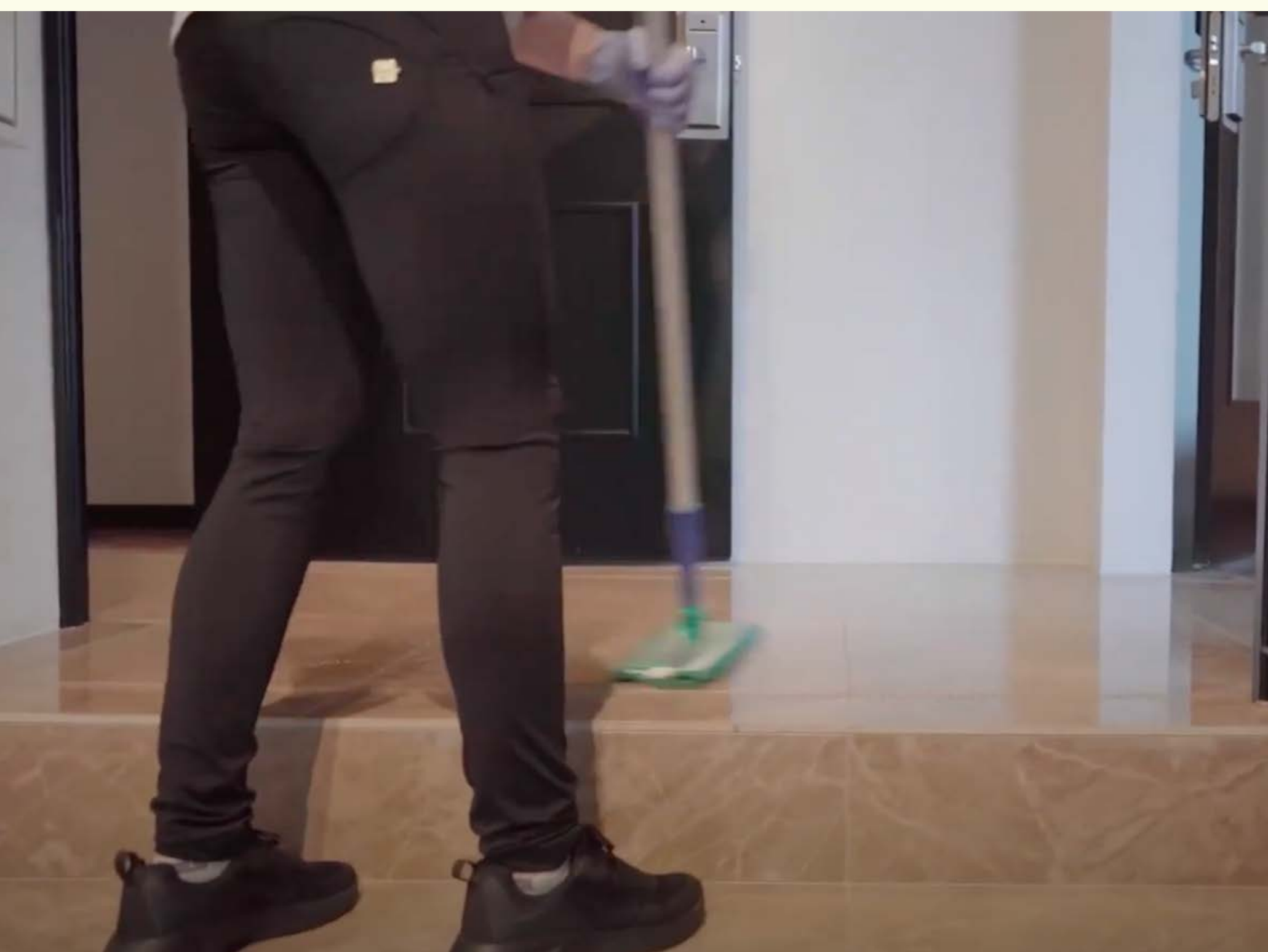
Tools needed

mop, rag, soap, water



Steps

1. select the correct mop, rag and soap
2. make sure you clean or swap the rag out regularly
3. clean the hall and steps thoroughly
4. use a cloth or rag to take up the things that you sweep up on the way



Unit 9 **How to make coffee**

Learning objectives

- Clean the coffee machine
- Make coffee
- Learn the quantity of coffee and water



Tools needed

cloth



Ingredients

coffee, water, coffee filter



Steps

1. Empty the old coffee grounds out of the coffee machine
2. Put in the coffee filter
3. Add 2-3 spoons of coffee into the filter
4. The machine is connected to water, press on
5. In few minutes the coffee is ready to drink



Links

Quality food & tourism: Training for job in a restaurant

<https://www.youtube.com/watch?v=l8zs-L2urFY>

Quality food & tourism: GOTT, Training for job in a restaurant

<https://www.youtube.com/watch?v=Bb4b8dLoEjY>

Quality food & tourism: FRIDHEIMAR, Training for job in a restaurant

<https://www.youtube.com/watch?v=rBYv28OMoaE&t=39s>

Job training in the fish industry: episode 3, Safety in the workplace

<https://www.youtube.com/watch?v=OwGDpPAcilQ&t=159s>

Jobtraining in the fish industry: episode 4, Hygiene and bacterial flora

<https://www.youtube.com/watch?v=rbGtsQ2emcl&t=84s>

Jobtraining in the fish industry: episode 5, Internal monitoring

<https://www.youtube.com/watch?v=kFBV9Zu-HMA&t=45s>

This is a dictionary of common words and phrases used in the tourism industry that can facilitate communication in the workplace.

<https://haefni.is/fraedsluefni/fagordalisti-ferdathjonustunnar/>

Educational materials, educational talks, company testimonials, support materials

<https://haefni.is/myndbond/>

How to clean dirty industrial kitchen

<https://www.youtube.com/watch?v=FBZUx0XALzg>

Grillschool, this is the best way to clean the grill during the grill season in Iceland

<https://www.youtube.com/watch?v=c99cAyteOqM>

How to use colloidal cleanser

<https://www.mjollfrigg.is/hreinsiefni/kvoduhreinsiefni/>

Instructional video: how to clean the grinder/chopper

https://www.youtube.com/watch?v=ME7_kglSgcQ

Training in hospitality: Cleaning

<https://haefni.is/svid/thrif-og-umgengni/>

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