

SPRING CLEANING CHECKLIST

With the oncoming of spring comes warmer weather and the desire to restore the house to its former glory of last year. You may be looking around at the layers of dust and the smeared windows with a sense of dread, but, with the help of our handy checklist, you will make short work of it!

Being organised is the key and, by breaking the job up into manageable sections, you can do a bit at a time. Before long, you will be able to sit down with a cup of tea, put your feet up and admire the results of your hard work.

Work from the top of the house and move your way down. Our tip is to start with the room furthest away, closing the doors as you finish for a visual mark of progress.



BEDROOMS

It may not feel like it, but we spend a lot of our lives in this one room. With the average healthy adult requiring seven to nine hours of sleep per night, this amounts to around a third of every day! You won't want to spend this time breathing in no end of dirt and dust mites, so make sure it gets a thorough clean:

Remove cobwebs from ceilings and corners

Dust reachable surfaces – wardrobes, shelving and cupboards

Wipe accumulated dust and dirt from top of doors

Wipe accumulated dust from top of picture frames

Wipe dirt off curtain rails

Wipe and polish mirrors, pictures and other wall hangings

Wipe off dust from skirting boards and decorations

Dust off all light fittings and lampshades

Clean and polish metal ornaments

Wipe and polish switches

Remove/repaint dirty marks from walls

Carefully clean power sockets and extension cords

Thoroughly vacuum all mattresses

Mop hard floors and laminate

BATHROOMS

The bathroom should be a place of tranquility and relaxation, whether for getting ready to go out or staying in and enjoying a pampering session. A clean environment will help you to feel calm and destress.

Wipe down bathroom tiles

Wipe and polish mirrors and glass surfaces

Clean basins, taps and other fittings

Scrub and rinse toilet

Clean and dust the plumbing behind the toilet and sink

Remove any hard water stains or limescale if present

Clean out soap dispensers

Scrub down any shelves, other units and inside cupboards

Wipe down radiators and towel rails

Scrub and rinse out bath

Remove any marks or dirt on the shower screen

Clean out drains

De-scale shower heads, taps and any metal surfaces

Clean out extractor fans

KITCHEN

Cooking can be a lot of fun, whether it's a meal for one or a social gathering. With this in mind, having a sanitary environment to prepare and cook in is important. Spring is a great opportunity to undertake a deep clean.

Wash down all worktops, counters and islands

Clean all cupboards and drawers inside and out

Throw out old food, and take unused tins and other useful items to a food bank

Wash and polish sinks and taps

Remove limescale

De-grease and polish wall tiles

Remove mould growth between grout

Clean grime from extractors and hobs

Scrub gas/electric rings and the control knobs

Scrub down exterior of all appliances

Sanitise bins and remove all rubbish

Stack and arrange cutlery, utensils and other dining equipment

Wipe the inside of windows and clean sills, ledges and frames

Wipe down any doors, handles, doorframes, furnishings and skirting boards

Wipe down radiators

Dust plugs and light switches

OVENS AND MICROWAVES

Clean and de-grease the extractor fan, hob and grill

Scrub off food deposits and grime

Clean grill pan and oven racks

Clean inside the oven and microwave, scraping off any build-up of grime

Wipe the rubber seals and clean glass

Wipe all buttons, dials and knobs

Clean and de-grease the microwave

Clean the exterior and remove any stains and marks

TOASTER

Clean, wipe and polish the exterior

Remove any food deposits and bread crumb leftovers

Clean within as much as possible

De-grease handles

Remove grime

DISHWASHER

- Clean the dishwasher of food and soap deposits**
- Remove all dirt, mildew and food deposits**
- Inspect and clean filters**
- Wipe the rubber seal**
- Move it and clean underneath and behind**
- Wipe the soap dispenser drawer and remove marks and stains**
- Wipe down handles**

TUMBLE DRYER

- Clean inside and out**
- Inspect the rubber seal**
- Clean the soap dispenser drawer**
- Inspect and clean the filter**

WASHING MACHINE

- Clean the drum from leftovers and stains**
- Inspect and clean filters**
- Inspect the rubber seal**
- Move it and clean underneath and behind**
- Wipe the soap dispenser drawer and remove marks and stains**
- Clean handles**

FRIDGE/FREEZER

- Remove dirt, mildew and leftover food**
- Wipe and polish handles**
- Clean rubber seal**
- Move it and clean underneath and behind**
- Dismantle, wash and rinse slots, grills and shelves inside**
- Wipe and polish the exterior**

LIVING SPACES

For the rest of the house, any furnishings, carpets, windows, drawers, cupboards and shelves should also be thoroughly cleaned.

FURNISHINGS

- Wipe and polish tables, countertops and other worktop surfaces**
- Make sure you remove all fingerprints and marks**
- Look out for and remove any stains**
- Vacuum the sofa without its cushions on**
- Clean the sofa cushions**
- Move all furnishings to vacuum underneath**
- Wipe and polish all wooden units**

CARPETS

Carpet cleaning is one of the hardest jobs to tackle, but the best way to do it is to hire a carpet cleaning machine.

- Thoroughly vacuum all carpet edges**
- Move furniture and vacuum underneath it**
- Steam clean, if possible**
- Try hand-washing stains if a carpet cleaning machine is not available**

WINDOWS

Clean windows thoroughly on the inside and outside. This will allow for more natural light to get through, not only brightening up your rooms, but encouraging you to use less electricity on lighting and therefore save money on those energy bills!

- Wipe down the glass and dry it so no streaks are left**
- Remove any marks, fingerprints and oily stains**
- Dust off and clean windowsills**
- Wipe down frames**
- Dust off blinds, curtains and shades**

DRAWERS, CUPBOARDS AND SHELVES

It's quite easy to forget to clear a drawer or cupboard that has been full for a while. Having a clear out and a declutter can help you feel a sense of organisation has returned to your home.

Clear drawers and cupboards inside and out

Remove any unnecessary items or leftover goods

Wipe down the units inside and out

Wipe around handles and fixtures

Dust down the backs if accessible

DON'T FORGET OUTSIDE!

Get rid of leftover rubbish

Dispose of garden waste

Rinse out rubbish bins

Clean out any fans and extractors

Inspect the following outdoor areas, in case any deterioration has occurred during the miserable winter months.

Lawns

Borders

Hedges

Fences

Shrubs

Patios

Drive

Garages

Sheds

Paths

Gates

External lights

Remember to take pictures too, as they can provide great inspiration for next year's spring clean!

