

# Bed/Stretcher/Exam Table



## PURPOSE:

To provide a clean stretcher, bed, and exam table for patients

## MATERIALS:

- Disposable gloves
- If needed:
  - Disposable gown
  - Disposable mask
- Prepared Cleaner/Disinfectant solution in cleaning bucket
- Container for dirty cloths (if using reusable cleaning cloths)
- Cleaning cloths



## CLEANING STEPS

1



### Do a Risk Assessment

- Determine risk of exposure to germs and the Personal Protective Equipment (PPE) required for the task.
- Wear the correct PPE to safely do the job.

2



### Cleaning Frequencies

- Beds: Clean weekly; if visibly dirty and between each client.
- Stretchers: Clean daily and if visibly dirty.
- Exam tables: Clean daily and if visibly dirty.

3



- Use your foot to lock or unlock the wheels in order to move or steady bed/stretcher for cleaning purposes.
- Always lock wheels after bed/stretcher is in correct position.

4



- Raise bed/stretcher to a comfortable working level using the raising and lowering mechanism (crank/foot pedal or electric switch).
- Lower the side rails for easier access for cleaning.

5



### Mattress Cleaning for Bed or Stretcher

- Wipe the top and sides of the mattress using the cleaning cloths.
- Lift the mattress and wipe the bottom surface.
- Remove the mattress (if possible) from the bed/stretcher and let air dry.



6



### Frame Cleaning for Bed or Stretcher

- Raise the head of bed or stretcher and wipe the entire frame thoroughly including top, sides, and underneath.
- Repeat this step with the foot of the bed.
- Wipe front, back and sides of head board and foot board on the bed.
- Wipe all surfaces of hand/side rails.

7



### Exam Table

- Raise the head of the exam table (if possible) and wipe all surfaces.
- Raise the foot of the exam table (if possible) and wipe all surfaces.
- Wipe high touch areas such as handles and stirrups.
- Check the inside of the exam table drawers/cupboards in order to clean the surfaces where blood and/or body fluids may have spilled.

8



### Pillows

- Wipe all surfaces of pillows and allow to air dry.



9



- Remove gloves and put in garbage.
- Do hand hygiene.

10



### Finishing Up

- Following your facility's protocol, make up the bed/stretcher/exam table:
  - Put paper cover on exam table
  - Put bedding on bed/stretcher
  - Put covers on pillows.
- Reposition bed/stretcher and lock wheels.
- Report any broken/damaged items to supervisor.

