

Deep Cleaning Checklist

An intensive top-to-bottom deep cleaning checklist for the jobs weekly cleaning skips.

Ceilings, Walls and Trim

- Dust ceiling corners and remove cobwebs with an extendable duster
- Wipe down ceiling fan blades and light fixtures, removing and washing covers
- Spot-clean walls, light switches, and around door frames
- Wash baseboards with a damp cloth and all-purpose cleaner
 - Run a dryer sheet along clean baseboards to repel dust longer.
- Dust and wipe crown molding and the tops of door frames
- Clean air vents and replace or wash HVAC filters

Windows and Doors

- Wash interior windows and wipe the panes streak-free
- Vacuum and wipe window tracks and sills
- Launder or vacuum curtains and dust blinds slat by slat
- Wipe down doors, handles, and frames on both sides
- Clean glass on storm doors and sliding doors, including the tracks

Kitchen Deep Tasks

- Empty the refrigerator, discard expired food, and wipe shelves and drawers
- Clean the oven interior, racks, and the glass door
- Pull out the stove and fridge to clean the floor and walls behind them
- Degrease the range hood and wash or replace the filter
- Descale the kettle, coffee maker, and dishwasher
- Empty, wipe, and reline cabinets and the pantry
- Scrub grout lines and degrease the backsplash

Bathroom Deep Tasks

- Scrub tile grout with a stiff brush and grout cleaner
 - A paste of baking soda and a little water lifts stubborn grout stains.
- Remove and soak the showerhead to dissolve mineral buildup
- Clean and disinfect the toilet base, hinges, and behind the bowl
- Re-caulk the tub and shower if the sealant is cracked or moldy
- Clear and disinfect drains in the sink, tub, and shower
- Wash the exhaust fan cover and clear dust from the vent

Furniture and Upholstery

- Move sofas and chairs to vacuum underneath and behind them
- Vacuum upholstery, including under and between the cushions
- Spot-treat stains on fabric furniture and rugs
- Dust and polish wood furniture, including legs and undersides
- Wipe down leather furniture with an appropriate conditioner
- Flip or rotate mattresses and vacuum them on both sides

Floors and Final Detail

- Move furniture and vacuum or sweep edges and corners
- Deep-clean carpets with a steam or extraction cleaner
- Mop hard floors and steam or scrub stubborn spots
- Clean and treat grout on tile floors
- Wipe down stair railings, banisters, and spindles
- Do a final inspection of each room under good lighting