

Medical & Dental Office Cleaning Checklist

OSHA & Health Code-Compliant Protocols for Clinical Environments

Exam & Treatment Rooms

	Task	Frequency
☐	Disinfect exam table with EPA-approved cleaner	Between each patient
☐	Replace exam table paper	Between each patient
☐	Wipe all high-touch surfaces (handles, switches)	Between each patient
☐	Disinfect instrument trays and equipment surfaces	Between each patient
☐	Mop floors with hospital-grade disinfectant	Daily
☐	Deep clean walls and baseboards	Weekly

Waiting Room & Reception

	Task	Frequency
☐	Sanitize chairs, armrests, and shared tablets	Every 2 hours
☐	Wipe reception desk and check-in surfaces	Every 2 hours
☐	Disinfect door handles and touch screens	Every 2 hours
☐	Vacuum or mop floors	Daily
☐	Clean children's play area (if applicable)	Daily
☐	Dust and wipe all furniture	Weekly

Sterilization & Utility Rooms

	Task	Frequency
☐	Wipe down autoclave exterior	Daily
☐	Disinfect countertops and sinks	Daily
☐	Check and document sterilization logs	Daily
☐	Deep clean autoclave interior	Weekly

Restrooms

Medical & Dental Office Cleaning Checklist

OSHA & Health Code-Compliant Protocols for Clinical Environments

	Task	Frequency
☐	Full disinfection - toilet, sink, faucet, handles	Every 2 hours
☐	Restock soap, paper towels, hand sanitizer	Every 2 hours
☐	Mop floors	Daily
☐	Grout and tile deep clean	Weekly

Ready for a cleaner, healthier space?
Contact United Unlimited Cleaning today for a free assessment.
www.unitedunlimitedcleaning.com