

# Technology and Livelihood Education

## Module 3 - Caregiving Aftercare Activities for Tools, Equipment, And Paraphernalia



**TLE Caregiving – Grade 8**  
**Alternative Delivery Mode**  
**Module 3: Aftercare Activities for Tools, Equipment, and Paraphernalia**  
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## **Technology and Livelihood Education Module 3 - Caregiving Aftercare Activities for Tools, Equipment, and Paraphernalia**

# Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

# Lesson 1

## Aftercare Activities for Caregiving Tools, Equipment, and Paraphernalia



### ***What I Need to Know***

Proper caring for tools, equipment, and paraphernalia is one of the responsibilities of a caregiver. This responsibility will ensure the good condition and effective functionality of the tools, equipment, and paraphernalia.

In the preceding module, you have identified and classified the basic caregiving tools, equipment, and paraphernalia; as well as, how to use and operate them. In this module, however, you are going to learn the proper maintenance of those devices essential in caregiving; specifically, aftercare and maintenance procedures of tools, equipment, and paraphernalia as per Standard Operating Procedures (SOP).

This module contains lessons regarding tools, equipment, and paraphernalia maintenance. It entails with:

LO1: Perform aftercare activities for tools, equipment, and paraphernalia

After going through this module, you are expected to:

- 1.1. Clean tools, equipment, and paraphernalia after use.
- 1.2. Store tools, equipment, and paraphernalia in the appropriate area
- 1.3. Check tools, equipment, and paraphernalia regularly for orderliness/tidiness
- 1.4. Carry out routine maintenance as per Standard Operating Procedures (SOP)



## ***What I Know***

**Directions:** Read each statement carefully and choose the letter of the correct answer. Write it in your activity notebook.

1. All of the following are used in cleaning the stethoscope, except;
  - A. 2% bleach
  - B. 70% alcohol
  - C. Hand sanitizer
  - D. Mild soap and water
2. In cleaning caregiving electrical tools and equipment, what is the most critical thing to watch for?
  - A. Prepare the cleaning agents ahead of time.
  - B. Gather the tools and equipment to be cleaned beforehand.
  - C. Read and follow carefully the manufacturer's manual instruction for correct cleaning.
  - D. Make sure that all tools and equipment are turned off and unplugged from the socket.
3. Which of the following is true in cleaning the sphygmomanometer tubing?
  - A. The tubing can be put in a microwave oven for faster drying.
  - B. Wash them in warm soapy water with acetone and soak within 15 minutes.
  - C. Rinse the tubing with running warm water including the insides of the tubing.
  - D. The tubing can be sprayed with alcohol or a 2% bleach solution when washing is impossible.
4. How will you clean a digital thermometer after using?
  - A. Directly submerged the thermometer to a basin of warm soapy water.
  - B. Directly submerged the thermometer to a basin of cold water with bleach.
  - C. Clean the thermometer by wiping starting from the tip/bulb going to its top (near the power button).
  - D. Clean the thermometer by wiping starting from its top (near the power button) down to the tip/bulb.
5. What solution is used to clean an aneroid gauge of a sphygmomanometer?
  - A. 10-20% bleach
  - B. 30-40% bleach
  - C. 50-60% isopropyl alcohol
  - D. 70-90% isopropyl alcohol

6. Which of the following is used to clean the crumb tray of a bread toaster?
  - A. Isopropyl alcohol and liquid soap
  - B. Lukewarm water
  - C. Warm soapy water
  - D. Water and 20% bleach
7. Which of the following is used to dry the food processor's tiny parts?
  - A. Air dry the tiny parts.
  - B. Put in a microwave oven for faster drying time.
  - C. Use the spin dryer to remove water in just 60 seconds.
  - D. Use the ultrasonic dryer to automatically remove water.
8. What is the correct mixture of cleaning the coffee maker?
  - A. 1-part white vinegar and 1-part water
  - B. 1-part white vinegar and 2 parts water
  - C. 2 parts white vinegar and 1-part water
  - D. 2 parts white vinegar and 2 parts water
9. How many minutes will it take to set the cleaning solution in a microwave oven?
  - A. 3-4 minutes
  - B. 5-10 minutes
  - C. 11-15 minutes
  - D. 16-20 minutes
10. What mixture is best to apply in removing the fridge's stubborn stains?
  - A. Water and alcohol
  - B. Water and liquid soap
  - C. Water and disinfectant
  - D. Water and baking soda
11. How will you remove the cleaning mixture from the flat iron soleplate?
  - A. Wipe it off using a damp cloth.
  - B. Use steel brush in scrubbing it off.
  - C. Directly put under a running water.
  - D. Submerge the flat iron in a water for about 5 minutes to mechanically remove the cleaning mixture.
12. The following caregiving tools and paraphernalia are used for washing and cleaning, except;
  - A. Bedpan
  - B. Blender
  - C. Vacuum cleaner
  - D. Washing machine

13. Which is best used for wiping the washing machine's surface?
- A. Microfiber cloth
  - B. Satin cloth
  - C. Steel wool
  - D. Taffeta cloth
14. All of the following is used in scrubbing caregiving tools and equipment, except;
- A. Old toothbrush
  - B. Sponges
  - C. Soft-bristled brush
  - D. Steel brush
15. Why is the bleach not suitable for cleaning the refrigerator?
- A. It has a pungent odor that won't come off.
  - B. It does not remove the dirt and the smell.
  - C. It is highly corrosive to the refrigerator's delicate surface.
  - D. It has a lingering residue that may come in contact with the food.

In the previous module, you learned the basic caregiving tools, equipment, and paraphernalia. In this module, you are going to learn the proper maintenance of those devices essential in rendering care. Tools, equipment, and paraphernalia require proper cleaning right after use. Uncleaned caregiving materials might hinder the entire process. To get maximum effectiveness of devices is to care for them in a proper way. Correct procedures should be clearly defined for each process.

However, caring for caregiving tools, equipment, and paraphernalia require appropriate maintenance that is best suited to each type of device. On the other hand, a lot of considerations are needed to be addressed to prevent causing damage to important devices. Therefore, keen attention to every detail in caring and maintenance of tools, equipment, and paraphernalia is best observed.





## ***What's In***

By knowing the right tool, equipment and paraphernalia, we can understandably tell how to take care of them properly. But before that, let us determine how much have you learned from tools, equipment, and paraphernalia in caregiving.

### **Directions:**

Match the caregiving tools, equipment and paraphernalia in Column A to its description in Column B. Write the letter of the correct answer in your activity notebook.

#### **COLUMN A**

1. Thermometer
2. Sphygmomanometer
3. Electric can opener
4. Food processor
5. Bed pan

#### **COLUMN B**

- A. It is a receptacle used for the toileting of a bedridden patient in a healthcare facility; and is usually made of glass, ceramic, or plastic.
- B. It is a kitchen appliance used to facilitate repetitive tasks in the preparation of food.
- C. A device that measures temperature or a temperature gradient.
- D. An instrument for measuring blood pressure.
- E. An electronic kitchen appliance that automates the process of opening cans or lids.



## What's New

### Activity: Finding Agents

#### Directions:

There are several cleaning agents hidden in the puzzle below. Find only those that are appropriate for disinfecting the caregiving tools, equipment, and paraphernalia. Write your answers in your activity notebook.

B	A	K	I	N	S	O	A	D	E	R	D	I	S	S	H
A	C	A	L	C	O	H	O	L	T	S	I	N	H	A	A
K	I	A	B	A	L	X	I	E	H	A	S	S	Y	P	N
I	D	C	E	P	Q	B	L	E	A	C	H	E	P	D	D
N	O	H	C	U	U	Z	S	C	N	H	S	C	O	S	S
G	H	L	I	N	I	M	E	N	T	L	O	T	C	A	A
S	P	O	N	G	P	Y	C	H	O	P	A	I	H	N	N
O	U	R	T	M	I	L	D	S	O	A	P	C	L	I	I
D	L	I	Q	U	I	D	D	E	T	E	R	G	E	N	T
A	T	N	W	A	N	Y	W	P	A	O	X	A	L	O	I
E	T	E	L	E	M	O	N	S	Q	U	E	E	Z	E	Z
S	U	L	F	U	R	I	C	A	C	I	D	I	C	E	E
W	A	T	E	R	I	X	I	V	I	N	E	G	A	R	R
D	I	S	I	N	F	E	C	T	A	N	T	A	L	C	O

Hint:

1. B \_ K \_ \_ \_ S \_ \_ \_
2. W \_ T \_ \_
3. V \_ \_ E \_ \_
4. L \_ Q \_ \_ \_ D \_ \_ \_ \_ \_ T
5. A L \_ \_ \_ \_ \_
6. D \_ \_ \_ S \_ A \_
7. B \_ \_ A \_ \_
8. M \_ \_ \_ S O \_ P



## ***What is It***

You already learned that there are devices at home that can be used in caregiving services. I know that you have done pretty much good in doing household chores. Washing the dishes is easy, right? Have you tried cleaning your blender at home? How about storing your thermometer after use? Cleaning and storing caregiving tools, equipment, and paraphernalia is not far from the way we do our household devices. Now it is time to go through the lesson and find out the proper way of taking care of the caregiving tools, equipment, and paraphernalia.

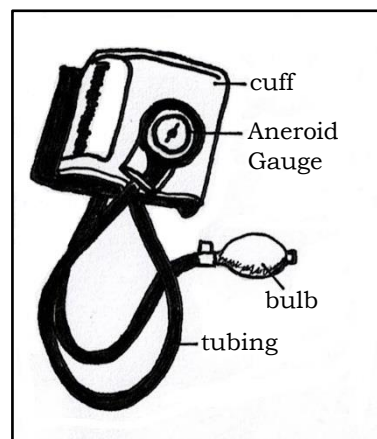
### **Cleaning and Storing Equipment for Vital Signs Taking**

Regular disinfection and cleaning of tools, equipment, and paraphernalia is an important and imperative duty of a caregiver. All devices or machines require basic attention not just solely to preserve its shelf-life but also to conserve its productivity.

#### **Blood Pressure Apparatus (Sphygmomanometer)**

A sphygmomanometer is a device used to measure blood pressure.

This instrument is a high risk of contamination and will possibly cause infection transfer because it is one of the frequently touched equipment in a healthcare facility. According to research, blood pressure cuff is usually contaminated with bacteria, Methicillin-resistant *Staphylococcus aureus* (MRSA). Thus, BP apparatuses must be regularly cleaned from time to time.



*Illustrated by: Maria Salud Mata*

#### **A. Sphygmomanometer Cuff**

1. Before any cleaning procedure, put on your PPE specifically the gloves. The gloves will protect you from blood and other body secretions that might have been sitting in the equipment. If you are not wearing gloves, make sure not to touch any spillage on the cuff. Wash your hands with warm water and soap for 20 minutes before holding the cuff.
2. Remove the tubing and inflation bag inside the cuff. It is necessary not to cause damage to the equipment. Make sure that the BP tubing and inflation bag will not be in contact with any liquid or wet surfaces.
3. Soak the cuffs in warm soapy water. Let it sit for several minutes. It will prevent the spread of contaminants.

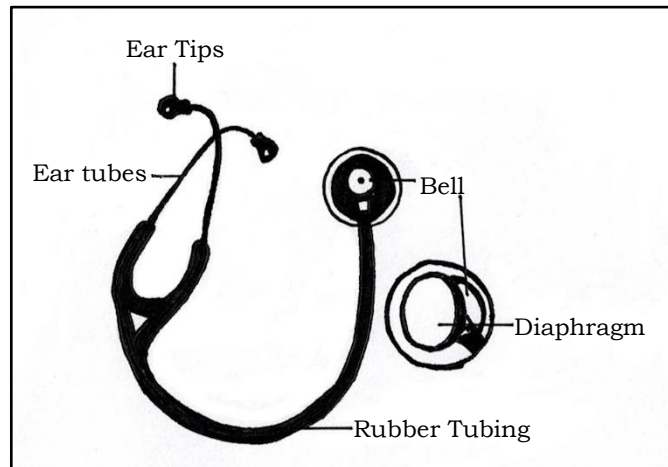
4. Wash the cuff with dishwashing or any detergent soap and warm water. Scrub both sides of the cuff using an old toothbrush or sponge. Next are the tubing, inflatable bag, and bulb. Make sure that no water enters the tubing to keep its usability.
5. Rinse the cuff and tubing with running warm water. Make sure that no water enters the tubing. Then, air-dry it.
6. If washing is impossible due to time constraints, spray the cuff, tubing, inflatable bag, and bulb with alcohol, bleach solution or disinfectant. Let them sit between 10 - 20 minutes before being patted dry with a paper towel. You can use either of the following:
  - 70% - 90% isopropyl alcohol
  - 0.5% hydrogen peroxide
  - The medical office recommended disinfectant

### **B. Aneroid Gauge**

1. The aneroid gauge can be cleaned with a clean cotton cloth and 70% - 90% isopropyl alcohol solution or water with mild detergent. Make sure to not let any liquid enter inside of the sphygmomanometer.
2. Air-dry the equipment after cleaning.

### **Stethoscope**

A stethoscope is used for auscultation. Auscultation is a medical term for hearing or listening to body sounds during a medical examination; such as the sounds coming from the lungs, heart, and gastrointestinal (digestive) tract. However, a stethoscope is considered as a vehicle of germs and oftentimes at risk of contamination insomuch as it is used in direct contact with patients one after another. To ensure the safety of the patients, a stethoscope should be cleaned from time to time.



*Illustrated by: Maria Salud Mata*

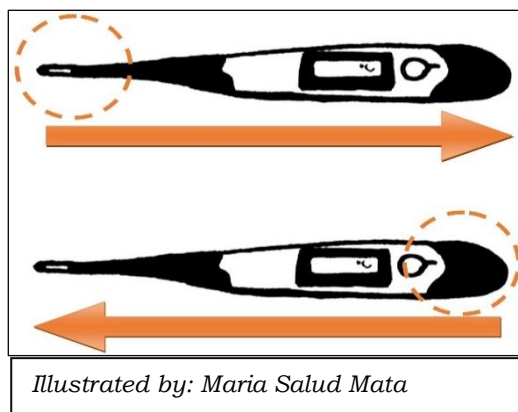
1. Disinfect the stethoscope through wiping using appropriate cleaning solutions:
  - Mild soap and water
  - 70% alcohol
  - 2% bleach solution (*Note: May cause tubing discoloration.*)
2. Do not use hand sanitizer as a cleaning agent as there are additives that may damage parts of the stethoscope.

3. Never submerge your stethoscope directly to any liquid or subject it to any sterilization process. It will damage the stethoscope.
4. Remove the diaphragm from the chest piece. Wipe the surfaces with 70% alcohol or soapy water. Make sure to dry all the parts before you reassemble the parts.
5. Remove also the ear tips from the ear tubes for proper cleaning. Push the small side firmly onto the ear tube until it snaps fully back into place.
6. Store your stethoscope properly to save it from early damage.
  - Store it on its case/box from the purchase.
  - Store inside a cool and dry drawer or locker in a natural position.
7. Keep your stethoscope away from extreme heat, cold, solvents, and oils.

## Thermometer

A thermometer is used to measure body temperature. Using a thermometer is a way to tell whether a patient has a fever or not.

1. Clean any thermometer before and after each use. This is to ensure that the thermometer is clean before usage and dirt-free upon storage. Keeping the thermometer clean minimizes the chance of spreading germs from one family member to another.
2. Clean the thermometer by using rubbing alcohol on a cotton ball or cotton pad. You can also use soap and cool water just make sure that you avoid submerging your thermometer directly into the water. Using hot water and directly submerging the thermometer into the water will cause its breakage and of no use.



**A. Before use:** Start cleaning/ wiping at the bulb/tip of the thermometer going up.

**B. After use:** Start cleaning/wiping from the top down to the tip/bulb of the thermometer.

3. After it has been cleaned, make sure that the thermometer is properly dried. It is best to just let it air dry because drying it with towels or paper will introduce new germs to the thermometer.
4. Store the cleaned thermometer back in its case. Keep your thermometer in a dry place that is easy to find and that is not exposed to drastic changes in temperatures.

## Cleaning and Storing Meal Preparation Tools, Equipment, and Paraphernalia

To maintain the caregiving electrical devices in good condition, proper cleaning, and storing are necessary. Moreover, it prevents the possible growth of disease-causing microorganisms.

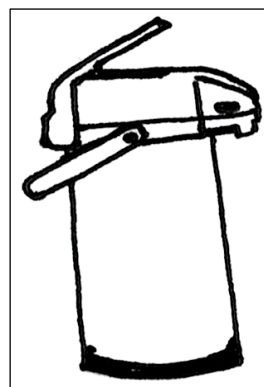
*Note:*

*Always make sure to turn off and unplug all caregiving electrical devices before each cleaning.*

### Airpot

An airpot, also called as airpot thermos is a vacuum insulated container that keeps the beverages and drinks hot for several hours.

1. Open the lid of the airpot and pour out any remaining liquid still inside. Let the device to cool.
2. Clean the inner lining with hot water. Rub the lining with a sponge and take out remove any loose debris or mineral deposits, and rinse again.
3. Fill the dispenser with hot water and put two or three drops of mild dish detergent. Let it sit for 10 minutes and rub the interior with a sponge right after. Rinse the dispenser thoroughly and remove the detergent residues. Another option is by using hot water and 2 tablespoon vinegar instead of dish detergent. Allow it to sit overnight. Then, rinse with hot water and scrub off leftover residue.
4. Close the lid and run hot water out of the spout to clear it of any buildup. Pour another hot water to rinse off all traces of detergent or vinegar. Pour out the water afterward.
5. Clean the airpot lid and exterior with a slightly damp cloth, add one or two drops of mild detergent to the cloth if the exterior has stains. Use another cloth to wipe off the detergent residue, and another for wiping it dry.



*Illustrated by:  
Maria Salud Mata*

### Blender

A blender is a kitchen mixing machine used to liquefy, puree, blend, and mix foods.

1. Pour hot water halfway of your blender jar.
2. Add a drop of dishwashing soap or just about  $\frac{1}{2}$  teaspoon.
3. Turn on the blender and let it run for about 10-20 seconds.
4. Rinse the blender jar thoroughly with more hot water.



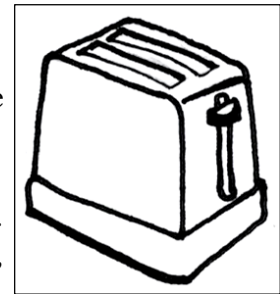
*Illustrated by:  
Maria Salud Mata*

5. If in case, your blender has stuck-on items such as dried food, clean it with a 1 is to 1 ratio of baking soda and water by running it through the assembled blender.
6. Remove the jar assembly from the motor base, the jar lid, the gasket seal, and the blade.
7. Wash the jar with warm soapy water and a sponge. Rinse thoroughly and dry carefully.
8. Clean the gasket seal, cutting blade, and jar base (or locking ring) with warm soapy water. Be mindful of the sharp blades to avoid injury. Rinse the parts rigorously, and dry them.
9. Clean the motor housing by wiping down the motor base including the cord with a warm, damp cloth. Always remember never submerge the base in the water.
10. Reassemble your blender carefully and store it in an easily accessible area.

### **Bread Toaster**

A bread toaster is a kitchen appliance used to toast a piece of bread to become crispier.

1. Take out the crumb tray and shake off the loose crumbs. If your toaster doesn't have a removable crumbs tray, position the device upside down and gently shake it to let the stuck crumbs fall off.
2. Wash the crumb tray using warm soapy water. Let it dry completely before putting the tray back.
3. Brush off the remaining stuck crumbs from the hard-to-reach corner using a soft-bristled brush, a clean toothbrush will do.

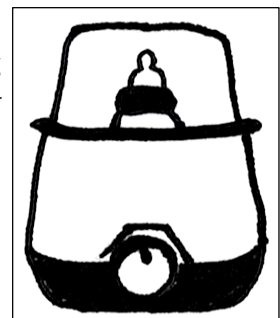


*Illustrated by:  
Maria Salud Mata*

### **Bottle Sterilizer**

A bottle sterilizer is used to sterilize the baby's feeding bottles and other infant items. Some sterilizers automatically dry and deodorize the bottles. Others are designed to keep the bottles sterilized for up to 24 hours.

1. Bring out the contents of the sterilizer and wipe with a damp cloth.
2. Put in approximately 1 cup of white vinegar and let it stay for around 30 mins.
3. Drain the vinegar and use a sponge to remove residual deposits. Rinse with cool water.
4. Plug in and let it run for 5 minutes, then rinse again.
5. Wipe the external surface with a damp cloth.
6. Allow airing dry.

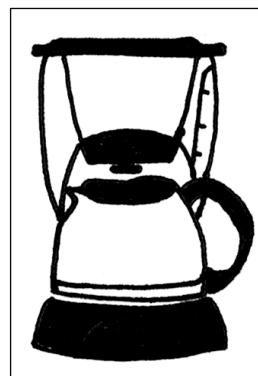


*Illustrated by:  
Maria Salud Mata*



## Coffee Maker

A coffee maker is a kitchen device used to brew coffee. The condition of your coffee maker can affect the taste of the coffee that you will be serving to your patient. Make it a habit to completely clean your coffee maker to make sure that the coffee you'll be preparing shall taste good.

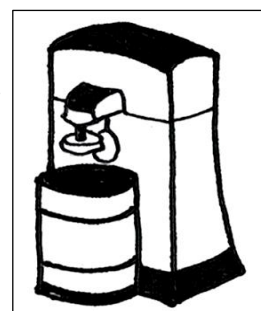


*Illustrated by: Maria Salud Mata*

1. Start the cleaning process by preparing a mixture of one (1) part white vinegar to two (2) parts water.
2. Put the filter into the coffee maker and pour the mixture where you usually add water.
3. Turn the coffee maker on for the mixture to completely run through.
4. Discard the filter and mixture and let the coffee maker cool down at least for 15 minutes while it is off.
5. Rinse the coffee pot thereafter.
6. Repeat the cleaning process but use the cold water for the second time. Clean it off until the smell of the vinegar has vanished.

## Electric Can Opener

An electric can opener is an electronic kitchen device that automatically opens can's lids without exerting manual efforts.

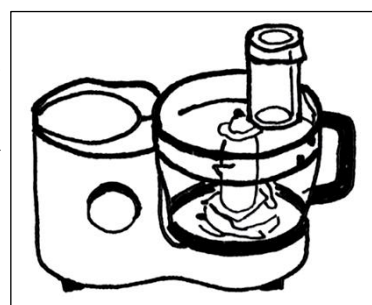


*Illustrated by: Maria Salud Mata*

1. Always remember to unplug a can opener before cleaning it; do not immerse the case in water.
2. Wipe the can opener after each use to remove food spills or drips.
3. Periodically remove the cutting wheel and lid holder and soak them in hot sudsy water.
4. Scrub caked-on food with a toothbrush; rinse, dry, and replace the parts.

## Food Processor

A food processor is electronic kitchenware with multiple interchangeable blades to facilitate food mincing, chopping, pureeing, slicing, and shredding. The food processor is one of the devices with many body pieces. All those pieces must be cleaned thoroughly not just because to keep its functionality but also to keep the food clean and free from contaminants processed from the food processor.



*Illustrated by: Maria Salud Mata*



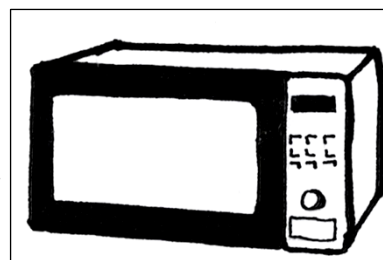
1. Dismantle the processor's parts.
2. Soak the parts in warm soapy water for a few minutes. Handwash the small pieces gently with mild dishwashing soap. Handwashing may prolong the life of the food processor. The nooks and crannies can be scrubbed with an old toothbrush. Then air-dry the parts to promote complete drying.
3. Soak the rubber washer (under the blades) in a solution of 2:1 water and bleach for 10 minutes. To make sure to eliminate molds build-up. Rinse well and let dry completely.
4. Clean the food processor's exterior with a damp cloth dipped in vinegar. Wipe the body surface thoroughly, and make sure to scrub off the dirt that sits the crevices. The cord is not an exception from getting stained, do not leave it uncleaned.
5. Once cleaned thoroughly, air dry every part completely.
6. Reassemble the machine.

*Note:*

*The blades are very sharp, be careful in handling them for you to avoid cuts.*

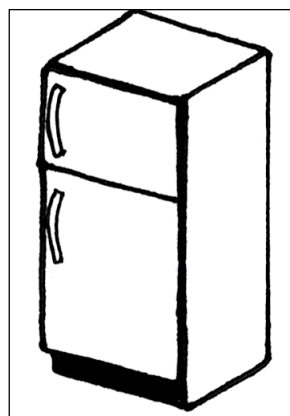
## **Microwave Oven**

A microwave oven is an electric oven that heats or cooks food.



*Illustrated by: Maria Salud Mata*

1. In a microwave-safe bowl, combine 1 cup water and lemon/lime/orange juice (squeezed from fruit slices). Or 1 cup of water and a few tablespoons of white vinegar/ apple cider vinegar.
2. Place the bowl mixture inside the microwave and set it between 5-10 minutes or until the mixture boils and the window steams up.
3. When the time is up, remove the bowl carefully. Use a mitt to avoid getting burnt.
4. Wipe the inside of the microwave with a cloth.
5. Spray a bit of alcohol onto a clean microfiber cloth and wipe the exterior part of the microwave oven.



*Illustrated by: Maria Salud Mata*

## **Refrigerator**

A refrigerator is one of the most important kitchen devices to preserve foods. It is electronic storage that keeps food fresh for a longer time. It also has a fridge- a thermally insulated compartment to keep the meat products frozen to avoid getting rancid.

1. Remove all the contents of your fridge. An empty fridge makes the cleaning process untroubled and prevents food contamination.
2. Take out the removable parts such as the drawers and shelves. Soak them in a basin filled with warm water with dishwashing soap. Scrub off using a sponge. Rinse thoroughly and let it dry completely.
3. Wipe the inside surfaces with warm water and dishwashing soap using a microfiber cloth or a sponge.
4. Stubborn stains and gunk may be loosened and removed with a baking soda paste – a mixture of baking soda and a little water. Apply the paste to the stain and leave for an hour. Wipe with a damp cloth afterward.
5. When all the cleaning is done, rinse the inside of the fridge by wiping thoroughly with a damp cloth. Let it dry completely before putting all the drawers and shelves back.

*Note:*

*Disinfectants such as bleach should never be used in cleaning the inside of the refrigerator. Disinfectants may have a lingering residue that may come in contact indirectly with the stored foods in the refrigerator that may cause harmful effects to health.*

## **Cleaning and Storing Tools, Equipment, and Paraphernalia for Cleaning, Washing, and Ironing**

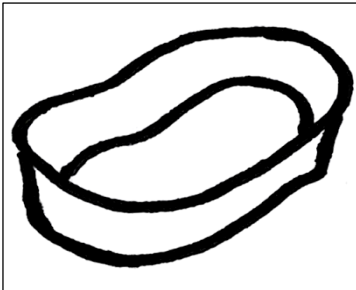
Even though these devices are for washing and cleaning purposes, they also need washing and cleaning themselves. Regularly cleaning these items is necessary for their optimum functionality.

*Note:*

*Always make sure to turn off and unplug all caregiving electrical devices before cleaning.*

### **Baby Bathtub**

A baby bathtub is used to bathing infants who are not yet able to sit up on their own and need support.

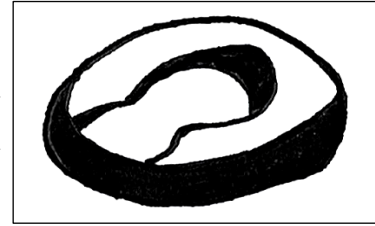


*Illustrated by:  
Maria Salud Mata*

1. Use a gentle multi-purpose cleaner, vinegar, or liquid soap.
2. Use a cleaning pad or toothbrush to scrub the tub and remove stubborn build-up.
3. If your tub gets stained, don't be tempted to use bleach. Instead, try baking soda by mixing with water to form a paste and rub.

## Bedpan

A bedpan is used for urinating and toileting patients who are not able to easily access the toilet. It is commonly used for bed-ridden individuals, newly given birth mothers, and elderlies.

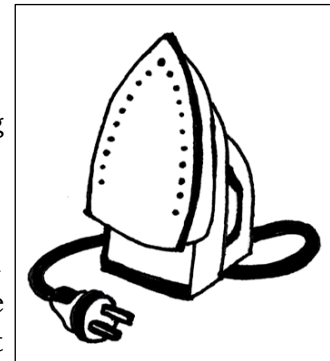


*Illustrated by:  
Maria Salud Mata*

1. Flush out the contents of the bedpan with cold water. Pour this water into the toilet.
2. Scrub the bedpan with cold, soapy water, and a toilet brush.
3. Rinse it with additional cold water, and dump the water into the toilet.
4. Dry the bedpan and return it to its proper storage position when done.

## Flat Iron

A flat iron is a device used in pressing and straightening wrinkled clothes.



*Illustrated by: Maria  
Salud Mata*

1. Clean the iron soleplate.
  - a. Make a paste from 1 tablespoon baking soda and 1 tablespoon water. Mix them well. Spread the paste on the iron's soleplate using a spatula or a soft brush. Make sure the paste coats the area with mineral deposits. Wipe off the paste with a damp cloth and make sure that iron is dry before use.
  - b. You can also use an acetone or nail polish remover to clean an iron. But you need to turn on and heat the iron. Soak a cotton ball or a cloth with acetone/ nail polish remover and carefully wipe it to the hot surface of the iron soleplate. Remember to put on a mitt to avoid getting burnt. Once finished, wipe off with a damp cloth.
  - c. If baking soda or acetone is not available, use white vinegar instead. Dampen a towel with the white vinegar and wipe on the iron's soleplate. Then wipe to dry.
  - d. Vinegar and baking soda mixture are also effective in removing any gunk in the iron. Toothpaste is also helpful, just follow the above procedures.
2. Clean the steam holes (steam vents).

Use a damp cotton swab dipped in a mixture of water and a liquid detergent. Scrub the steam holes by inserting the damp cotton swabs.
3. Let the iron completely dry before use.



*Illustrated by: Maria Salud Mata*

## Ironing Board

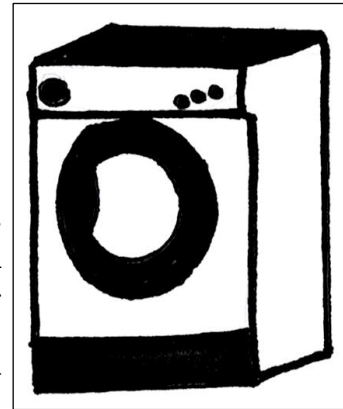
An ironing board helps the ironing of clothes made easy by keeping the clothes flatly rested during the entire ironing process.

1. Set up the ironing board as you do before ironing your clothes. Remove the loose dust from the board using a clean cloth.
2. Take off the ironing board cover. Spot-treat the stains using a mixture of  $\frac{1}{2}$  cup water, 2 tablespoon vinegar, and 1 teaspoon baking soda. Let the solution sit on the stain for 5 minutes. Wipe with a damp cloth.
3. Dust the pad attaching to the board with a clean cloth to remove dirt. A vacuum cleaner can be of help for easier removal of stuck specks of dust.
4. Clean the board with a damp cloth including the legs and the area under the board. Dry with a clean dry cloth before use.

### **Washing Machine**

A washing machine is used to wash different types of laundry without using manual efforts.

1. Clean the detergent drawers is as important as cleaning the entire machine. A detergent build-up in the drawer may harbor molds and may keep your machine less effective.
  - a. Remove the drawer and soak in hot soapy water.
  - b. Scrub the dirt using an old toothbrush.
  - c. Rinse with hot water and put back the drawer.
2. Cleaning the machine drums
  - a. Plug and turn on your washing machine.
  - b. Put 500ml of white vinegar in the detergent drawer.
  - c. Allow your machine to run empty.
3. Clean the machine exterior.
  - a. Wipe down all the surfaces of the machine using a microfiber cloth damped with hot soapy water. Pay extra attention to the rubber seals, this is usually where gunk built-up are forgotten and will result in a leaky machine.
  - b. Once done, air dry.



*Illustrated by: Maria Salud Mata*

### **Vacuum Cleaner**

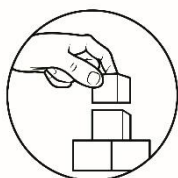
A vacuum cleaner is a household cleaning device that uses an air pump to create a vacuum that sucks up dust and smaller particles.

1. Clean the canister with a dry microfiber cloth. Then wash with warm soapy water. Rinse away the soap and let it dry completely before putting it back.
2. Replace the filter if it needs to be replaced. Wash the filter (if washable). Knock the dust out by tapping it against a hard surface. Rinse the filter using warm water. Let it dry before replacing it.



*Illustrated by: Maria Salud Mata*

3. Remove the base plate to clean the beater bar. Pick out strangled threads and hairs and brush out the debris from the beater bar. Clean the base plate with a dry microfiber cloth.
4. Clean the exterior of the vacuum cleaner thoroughly using a microfiber cloth.



## ***What's More***

### **Activity 1: Into the Blank Space...**

**Directions:** Copy the statements and fill in the blanks with the correct words in the box. Do this in your activity notebook.

Microfiber cloth	Sponge	Cuff	Hand sanitizer
Bleach	Cotton swab	Clean cloth	Motor base
Mitt	Thermometer		

1. Never use the \_\_\_\_\_ in cleaning the inside surface of the refrigerator.
2. Clean the iron's steam holes with a damp \_\_\_\_\_.
3. Use a \_\_\_\_\_ in removing the loose dust from the ironing board.
4. When cleaning the microwave oven, use a \_\_\_\_\_ to protect yourself from burns.
5. Clean the \_\_\_\_\_ using a rubbing alcohol.
6. Do not use \_\_\_\_\_ as a cleaning agent for stethoscopes.
7. Soak the \_\_\_\_\_ of the sphygmomanometer in warm soapy water.
8. Rub the lining of the airpot using a \_\_\_\_\_ to take out loose debris.
9. Remove the jar assembly of the blender from its \_\_\_\_\_ to clean the blade and the gasket seal.
10. Clean the washing machine exterior surfaces using a \_\_\_\_\_ damped with hot soapy water.



## ***What I Have Learned***

### **Activity 2: Ready-Set-Sort!**

#### **Directions:**

Copy the table in your activity notebook and fill in the columns with the appropriate caregiving tools, equipment, and paraphernalia that can be cleaned using these cleaning agents.

Baking Soda	Dishwashing Soap	Alcohol	0.2% Bleach	Mild soap	Fresh lemon/orange squeeze	Vinegar

### **Activity 3: True or False**

Directions: Write TRUE if the statement is correct and write FALSE if the statement is incorrect. Write your answers in your activity notebook.

1. Turn off and unplug electrical devices before cleaning.
2. Electrical devices should be immersed in hot soapy water to prevent them from getting damaged.
3. A toothpaste is as helpful as the vinegar in cleaning a flat iron's soleplate.
4. Soaking the sphygmomanometer in warm soapy water will prevent the spread of contaminants.
5. Hand sanitizer is a good cleaning agent for stethoscopes.
6. Disassembling the blender will thoroughly clean the gasket seal and blade.
7. Keeping the thermometer clean after each use will ensure the prevention of germ transfer from one person to another.
8. Cleaning the refrigerator with bleach is the most effective way to get rid of the lingering dirt.
9. It is best to air dry the caregiving tools, equipment, and paraphernalia after it has cleaned.
10. Directly dip down the flat iron soleplate into warm water to remove dirt and gunk.

## Activity 1: What's Next?

**Directions:** Copy and arrange the following procedures in cleaning the following caregiving tools and equipment. Write 1 as the first step, 2 as the second step, and so on. Do this in your activity notebook.

### 1. Blender

- \_\_\_ Dismantle the blender.
- \_\_\_ Reassemble the blender and store it.
- \_\_\_ Dry all the parts.
- \_\_\_ Clean the jar with hot soapy water.
- \_\_\_ Run the blender for stuck-on debris.

### 2. Refrigerator

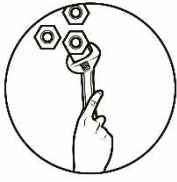
- \_\_\_ Remove all the contents of your fridge.
- \_\_\_ Take out the removable parts such as the drawers and shelves.
- \_\_\_ Wipe the inside surfaces with warm water and dishwashing soap.
- \_\_\_ Rinse the inside of the fridge by wiping thoroughly with a damp cloth.

### 3. Sphygmomanometer

- \_\_\_ Clean the aneroid gauge with a clean cotton cloth.
- \_\_\_ Soak the cuffs in warm soapy water.
- \_\_\_ Remove the tubing and inflation bag inside the cuff.
- \_\_\_ Wash the cuff with dishwashing or any detergent soap and warm water.
- \_\_\_ Scrub both sides of the cuff using an old toothbrush or sponge.

### 4. Vacuum Cleaner

- \_\_\_ Dry all parts.
- \_\_\_ Clean the exterior surface of the vacuum cleaner thoroughly.
- \_\_\_ Clean the base plate with a dry microfiber cloth.
- \_\_\_ Clean the canister with a dry microfiber cloth.
- \_\_\_ Remove the base plate to clean the beater bar.
- \_\_\_ Wash the filter.



## ***What I Can Do***

### **Activity 1: Let's Do It!**

#### **Directions:**

Select any tools equipment and paraphernalia used in caregiving that are available in your home. Record yourself when performing the proper way of cleaning, and storing the tools. Demonstrate at least 5.

#### **Rubric for Scoring**

<b>Criteria</b>	<b>Score</b>
Has demonstrated the proper way of cleaning, caring for, and storing <u>5</u> tools, equipment, and paraphernalia	5
Has demonstrated the proper way of cleaning, caring for, and storing <u>4</u> tools, equipment, and paraphernalia	4
Has demonstrated the proper way of cleaning, caring for, and storing <u>3</u> tools, equipment, and paraphernalia	3
Has demonstrated the proper way of cleaning, caring for, and storing <u>2</u> tools, equipment, and paraphernalia	2
Has demonstrated the proper way of cleaning, caring for, and storing <u>1</u> tool, equipment, and paraphernalia	1





## ***Assessment***

### **Post Test**

Directions: Read each statement carefully and choose the letter of the correct answer. Write it in your activity notebook.

1. What mixture is best to apply in removing the fridge's stubborn stains?
  - A. Water and alcohol
  - B. Water and liquid soap
  - C. Water and disinfectant
  - D. Water and baking soda
  
2. The following caregiving tools and equipment are used for vital signs taking, except;
  - A. Bedpan
  - B. Sphygmomanometer
  - C. Stethoscope
  - D. Thermometer
  
3. All of the following is used in scrubbing caregiving tools and equipment, except;
  - A. Old toothbrush
  - B. Sponges
  - C. Soft-bristled brush
  - D. Steel brush
  
4. All of the following are used in cleaning the stethoscope, except;
  - A. 2% bleach
  - B. 70% alcohol
  - C. Hand sanitizer
  - D. Mild soap and water
  
5. How will you remove the cleaning mixture from the flat iron soleplate?
  - A. Wipe it off using a damp cloth.
  - B. Use a steel brush in scrubbing it off.
  - C. Directly put under running water.
  - D. Submerge the flat iron in water for about 5 minutes to mechanically remove the cleaning mixture.

6. Which of the following is true in cleaning the sphygmomanometer tubings?
  - A. The tubing can be put in a microwave oven for faster drying.
  - B. Wash them in warm soapy water with acetone and soak within 15 minutes.
  - C. Rinse the tubing with running warm water including the insides of the tubing.
  - D. The tubing can be sprayed with alcohol or a 2% bleach solution when washing is impossible.
7. How will you clean a digital thermometer before using it?
  - A. Directly submerged the thermometer in a basin of warm soapy water.
  - B. Directly submerged the thermometer in a basin of cold water with bleach.
  - C. Clean the thermometer by wiping starting from the tip/bulb going to its top (near the power button).
  - D. Clean the thermometer by wiping starting from its top (near the power button) down to the tip/bulb.
8. Which solution is used to clean an aneroid gauge of a sphygmomanometer?
  - A. 10-20% bleach
  - B. 30-40% bleach
  - C. 50-60% isopropyl alcohol
  - D. 70-90% isopropyl alcohol
9. What is the correct mixture for cleaning the coffee maker?
  - A. 1-part white vinegar and 1-part water
  - B. 1-part white vinegar and 2 parts water
  - C. 2 parts white vinegar and 1-part water
  - D. 2 parts white vinegar and 2 parts water
10. Why is the bleach not suitable for cleaning the refrigerator?
  - A. It has a pungent odor that won't come off.
  - B. It does not remove the dirt and the smell.
  - C. It is highly corrosive to the refrigerator's delicate surface.
  - D. It has a lingering residue that may come in contact with the food.
11. What mixture is best to apply in removing the fridge's stubborn stains?
  - A. Water and alcohol
  - B. Water and liquid soap
  - C. Water and disinfectant
  - D. Water and baking soda
12. Which solution is used to clean the crumb tray of a bread toaster?
  - A. Isopropyl alcohol and liquid soap
  - B. Lukewarm water
  - C. Warm soapy water
  - D. Water and 20% bleach

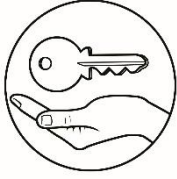
13. How many minutes will it take to set the cleaning solution in a microwave oven?
- 3-4 minutes
  - 5-10 minutes
  - 11-15 minutes
  - 16-20 minutes
14. Which of the following is used to dry the food processor's tiny parts?
- Air-dry the tiny parts.
  - Put in a microwave oven for faster drying time.
  - Use the spin dryer to remove water in just 60 seconds.
  - Use the ultrasonic dryer to automatically remove water.
15. In cleaning caregiving electrical tools and equipment, what is the most critical thing to watch for?
- Prepare the cleaning agents ahead of time.
  - Gather the tools and equipment to be cleaned beforehand.
  - Read and follow carefully the manufacturer's manual instruction for correct cleaning.
  - Make sure that all tools and equipment are turned off and unplugged from the socket.



## ***Additional Activities***

Directions: Copy the table and fill in with the required data. Do this in your activity notebook.

Caregiving Tools, Equipment and Paraphernalia Found at Home	Cleaning Procedure Practices at Home	Proper Cleaning Procedures Learned



## Answer Key

What I Have Learned	
1. True	
2. False	
3. True	
4. False	
5. False	
6. True	
7. True	
8. False	
9. True	
10. False	
Activity 3	
- vacuum cleaner filter	
- bedpan	
- airpot	
- stethoscope	
- aneroid gauge	
7. Mild soap	
1. Blender	
- 1	
- 5	
- 4	
- 2	
- 3	
2. Refrigerator	
- 1	
- 2	
- 3	
- 4	
3. Sphygmomanometer	
- 5	
- 2	
- 1	
- 3	
- 4	
4. Vacuum cleaner	
- 6	
- 5	
- 4	
- 1	
- 2	
- 3	

What's More	
Activity 1	
1. Bleach	
2. Cotton swabs	
3. Clean cotton	
4. Mitt	
5. Thermometer	
6. Hand sanitizer	
7. Cuff	
8. Sponge	
9. Motor base	
10. Microfiber cloth	
Activity 2	
1. Baking soda	
- blender	
- refrigerator	
- flat iron	
- ironing board	
- baby bath tub	
2. Dishwashing soap	
- blender	
- bread toaster	
- food processor parts	
- refrigerator	
- sphygmomanometer cuff	
3. Alcohol	
- stethoscope	
- thermometer	
- sphygmomanometer cuff, tubing,	
inflatable bag, bulb	
- aneroid gauge	
4. 0.2% Bleach	
- sphygmomanometer cuff, tubing,	
inflatable bag, bulb	
- food processor rubber washer	
5. Vinegar	
- airpot	
- coffee maker	
- microwave oven	
- flat iron	
- ironing board	
- washing machine	
- baby bath tub	
6. Fresh lemon/orange squeeze	
- microwave oven	

What I Know	
1. C	
2. D	
3. D	
4. D	
5. D	
6. C	
7. A	
8. B	
9. B	
10. D	
11. A	
12. B	
13. A	
14. D	
15. D	
What's In	
1. C	
2. D	
3. E	
4. B	
5. A	
What's New	
1. Baking soda	
2. Water	
3. Vinegar	
4. Liquid detergent	
5. Alcohol	
6. Dish soap	
7. Bleach	
8. Mild soap	
Assessment	
1. D	
2. A	
3. D	
4. C	
5. A	
6. D	
7. C	
8. D	
9. B	
10. D	
11. D	
12. C	
13. B	
14. A	
15. D	

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