


Document #: 4.3	 Shared health Soins communs Manitoba	Standard Operating Procedure (SOP)	Status: v 0.0 Revised: April 2023 Owner: Environmental Services
Title BIRTHING BED CLEANING AND DISINFECTING			Page 1 of 2

Purpose	Summarizes best practice for cleaning and disinfecting a birthing bed.		
Background	Refer to the appropriate S.D.S for chemicals used in this SOP.		
Required Materials	Cleaned/disinfected and stocked environmental services cart.	SOP 10.2 Environmental Cart Cleaning and Disinfecting	

The Process:

Step			
1.	Perform hand hygiene. Don appropriate gloves.	WRHA Routine Practices Policy: https://policies.wrha.mb.ca/policy/120/infection-prevention-control/3065/90-00-060.pdf	
2.	Raise the bed to mid-waist level.	If you need to raise the bed using a manual crank then crank close to the body using your dominant hand. Do not bend at the waist, bend at the knee.	
3.	If not already done, remove soiled pillowcases from pillow. Remove soiled linen by bringing the corners of the linen to the centre of the bed. Hold the linen away from your body and gently place into the soiled linen hamper.	Removing linen is the responsibility of unit staff. If the pillow is fabric, place into the laundry bag. Do not agitate linens during removal as this can disperse microorganisms. Use caution when removing linen from bed since sharps or other items may be present.	
4.	Check for bedpan. If bedpan is present request unit staff to remove.		
5.	Remove gloves. Perform hand hygiene. Don appropriate gloves.		
6.	Remove the headboard and clean and disinfect. Place on a previously cleaned and disinfected chair.	Change the cloth/wipe when no longer saturated with disinfectant and after cleaning heavily soiled areas. If gloves become visibly soiled, remove gloves, perform hand hygiene and apply clean gloves.	
7.	Clean and disinfect the top section of the mattress and sides.	Do not overextend your reach to clean the opposite side of the mattress.	

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8.	Fold the mattress forward and clean and disinfect the frame underneath as well as the underside of the mattress.	
9.	After cleaning and disinfecting, lower railings to original position.	
10.	Fold up the bottom outside edge of the mattress (close to the foot stirrups) and clean and disinfect. Pay special attention to the seams of the mattress, including the underside of the mattress zipper flap if present.	
11.	Raise the foot stirrup. Clean and disinfect the foot stirrup.	
12.	Pull the control toward you and swing the stirrup out.	
13.	Clean and disinfect the frame underneath the mattress support. Lower the mattress support to its original position.	
14.	Remove the lower section of the mattress by unclipping the snap fasteners.	
15.	Lift the mattress and clean and disinfect underneath including the bed frame.	
16.	Clean and disinfect all framework. Return the mattress and re-fasten. Return the stirrup to original position.	
17.	Raise bed to highest position.	
18.	Clean and disinfect the lower frame of the bed. Clean and disinfect the wheels and the foot pedals.	
19.	Remove gloves. Perform hand hygiene. Don appropriate gloves.	
20.	Replace clean bed pan.	
21.	Lower bed to waist level.	
22.	Return headboard.	
23.	Dispose of soiled linen as per facility process.	
24.	Discard gloves. Perform hand hygiene.	