Spring Cleaning Tips

March ushers in the first glimmer of spring as temperatures begin to rise and the snow has started to melt in many parts of the country!

Spring inspires many people to give their home a deep cleaning. We all know the basics of keeping a clean home... vacuum, sweep, wash dishes, keep up with laundry, make the beds, dust, take out the garbage, clean the kitchen counters, sanitize the toilets, etc. However, there are a few overlooked areas of the home that typically do not get a daily or weekly cleaning. “Spring Cleaning” is the perfect time to tackle these projects.

Use the following guide to get your home in tip top shape this spring!

- Wash the interior and exterior of all windows
- Deep clean all carpets
- Clean overlooked surfaces like walls, doors, and baseboards
- Clean out the track of sliding glass doors
- Move furniture and vacuum
- Sweep underneath appliances
- Spot clean any stained furniture
- Dust all light fixtures
- Dust the blades of ceiling fans
- Flip and rotate mattresses
- Replace worn shower curtains and bath mats
- Clean out your pantry
- Thoroughly clean the inside of the refrigerator and freezer
- Wipe out inside of cabinets
- Clean the oven
- Disinfect your garbage disposal
- Polish the silver

For more information or support on spring cleaning, contact the work/life experts at BalanceWorks by calling:

1.800.327.2255

eni’s BalanceWorks program is a confidential 24/7 service provided by your employer to help achieve work/life balance.
• Conduct a home safety check – check the batteries in your smoke detectors and carbon monoxide detectors

• Go through your medicine cabinet and discard any products that have passed their expiration date

• If needed, touch up your interior and exterior paint

• Power wash the exterior of your home

• Clean out gutters

• If needed, perform maintenance on any outdoor decks, patios or porches

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• Before beginning a deep clean, be sure to pick up and de-clutter each room to make cleaning easier

• It can be overwhelming to try and complete all cleaning tasks in one day, instead break up cleaning into smaller projects – day 1 = kitchen, day 2 = bedrooms, day 3 = exterior, etc

• Divide up cleaning tasks and involve the entire family

• If you are using a sponge to clean, be sure to wring it out and zap it in the microwave on high for one minute to kill the bacteria – if your sponge is stringy or has a foul odor, use a new one

• Simple updates like re-painting the front door, buying new throw pillows for the couch, or updating cabinet fixtures, can revive the look and feel of your home, without having to spend too much money

Remember that your Personal Assistant is available to provide you with a complete spring cleaning checklist or to research and provide you with a list of cleaning companies/agencies in your area.

Happy Cleaning!

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