

Energy Conservation: House Cleaning

Before you begin, remember to:

1. Use controlled breathing (breathe in through your nose and breathe out through pursed lips) while cleaning.
2. Coordinate your breathing with movement (exhale during exertion).
3. Use oxygen as prescribed during the entire activity.

Sit whenever possible to conserve energy – e.g. on chair or rollator.

Pace yourself:

- Rest before, after, and during the cleaning.
- Plan housekeeping tasks throughout the week to balance heavy and light activities.
- Schedule the more difficult activities at your best time of day.
- Clean one area or complete one task/area per day.
- Alternate hands to avoid fatigue.

Minimize lifting and bending:

- Push/pull furniture instead of lifting.
- Use long-handled tools whenever possible – e.g. long-handled tub scrub and toilet brush, telescopic duster.

Try to reduce dust:

- Use damp cloth to keep dust down.
- Consider using microfiber cloths instead of duster.
- Vacuum instead of sweeping whenever possible.

Use lightweight equipment and supplies.

Store supplies/tools in an easily accessible location:

- Consider keeping a separate set of cleaning supplies on each floor/area.

Use scent-free and natural cleaning products.

Consider removing carpeting and heavy drapery.

Obtain assistance for heavy cleaning such as mopping or windows. Consider a family member or a private housecleaner.