



REGULAR CLEANING CHECKLIST

A clear guide to what is normally included in a ProActive Clean regular residential clean.

What is included

LOUNGE / DINING ROOM - Clean internal window sills - Wipe accessible skirtings, cupboard/drawer fronts and doors - Wipe accessible surfaces - Remove cobwebs - Dust accessible light fittings, switches and fixtures - Vacuum carpets - Dust accessible fans - Spot clean minor wall marks where suitable - Empty bins where included in the service	KITCHEN - Wipe cabinet, cupboard and drawer fronts - Clean oven and rangehood exterior - Clean microwave inside and outside - Clean cooktop / cooking grill - Clean sink and polish taps - Clean internal window sills and accessible tracks - Wipe light switches and fixtures - Wipe kitchen boards / benches and counters - Vacuum and mop floor - Empty bins where included
BATHROOMS / TOILETS - Wipe accessible surfaces - Clean sink and polish taps - Clean shower screen and tiles - Clean and disinfect toilet - Clean internal window sills - Dust accessible lighting, switches and fixtures - Wipe outside of cupboards and drawers - Vacuum / mop floor as applicable	BEDROOMS - Vacuum carpets / floors - Wipe accessible skirtings - Clean internal window sills / accessible tracks - Dust and remove cobwebs - Wipe accessible surfaces - Clean light switches and door handles - Wipe accessible doors

Optional add-ons and standard exclusions

POPULAR ADD-ONS • Inside oven clean • Inside fridge • Internal window glass • External window cleaning • Carpet cleaning / extraction • Garage clean • Laundry-area clean • Rangehood filter clean • Full wall wiping • Ceiling / high-reach cleaning where safely accessible	USUALLY EXCLUDED UNLESS AGREED • Adhesive hook or sticker removal unless quoted • Moving or shifting heavy furniture • Blinds cleaning unless quoted • External areas such as balconies, patios and verandas unless quoted • Rubbish removal / disposal unless agreed • Biohazard or human/animal waste cleaning • Chandeliers and fragile specialist fixtures • Surfaces that may be damaged by cleaning • High-reach work outside the agreed safe-access method
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Regular cleaning is designed to maintain a home that is already in generally clean condition. If the property has significant build-up or has not been professionally cleaned for an extended period, a Deep Cleaning service may be recommended. Availability of individual tasks is subject to safe access and the condition of the surface being suitable for cleaning.

Questions or a custom scope? Contact ProActive Clean for a tailored quote.