

# Hand-out for Home Assignment Day 4



**UJUZU FURSA AFRICA**  
SKILLS FOR OPPORTUNITIES

## SL 4.1 Assisting in Laundry and Ironing

**In this module, you will learn about:**

- **The importance of wearing clean clothes**
- **How you can handle clothes hygienically**
- **How to hand-wash clothes**
- **How to wash clothes in a washing machine**
- **How to iron clothes**

### **Summary**

- 1. When helping with laundry, always wear gloves**
- 2. Check and separate soiled clothes**
- 3. Rinse the soiled clothes thoroughly**
- 4. Soak soiled clothes in a disinfectant for at least an hour before washing them with other clothes**
- 5. If a person suffers from a contagious disease, handle their clothes separately**
- 6. Before washing, separate the light colored clothes from the dark ones**
- 7. Read the garment labels for wash instructions**
- 8. Turn the clothes inside out and check the pockets**
- 9. Never leave the iron after ironing is done**

## SL 4.1 Assisting in Laundry and Ironing



**When helping with laundry, always wear gloves**



**Check and separate soiled clothes**



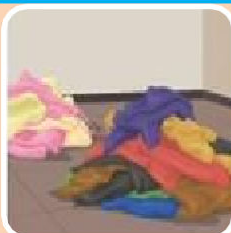
**Rinse the soiled clothes thoroughly**



**Soak soiled clothes in a disinfectant for at least an hour before washing them with other clothes**



**If a person suffers from a contagious disease, handle their clothes separately**



**Before washing, separate the light colored clothes from the dark ones**

## SL 4.1 Assisting in Laundry and Ironing



**Read the garment labels for wash instructions**



**Turn the clothes inside out and check the pockets**



**Never leave the iron lying around after the ironing is done.  
Put it away immediately.**

## SL 4.2 Dusting Furniture

In this module, you will learn about:

- Importance of maintaining a dust-free clean environment for the person under your care
- How to dust furniture properly
- The different types of vacuum cleaners
- How to use a vacuum cleaner

### Summary

1. To get rid of dust mites, soak bed covers in hot water
2. Avoid dust bunnies by dusting corners and under furniture and objects
3. To dust effectively:
  1. Wet cloth
  2. Wipe surface slowly
  3. Dust around and then under the objects
  4. Start dusting on top of shelves and then move to the lower shelves
4. Use microfiber cloths as they absorb oil and dirt
5. Dust every day or on alternate days
6. Clean the ceiling, mats, window frames, fans or air conditioners once a month
7. To clean glass, spray the glass with a glass cleaner spray and then use quick hand movements to wipe it with a microfiber cloth
8. Use the vacuum cleaner at least once a week to clean rugs, upholstery, windowsills, and carpets
9. To use a vacuum cleaner:
  1. Attach appropriate nozzle
  2. Use front-back movements
  3. Change the direction occasionally
  4. Clean the dust bag outdoors

## SL 4.2 Dusting Furniture



**To get rid of dust mites, soak bed covers in hot water**



**Avoid dust bunnies by dusting corners and under furniture and objects**



**To dust effectively: 1) Wet cloth 2) Wipe surface slowly 3) Dust around and then under the objects 4) Start dusting on top of shelves and then move to the lower shelves**



**Use microfiber cloths as they absorb oil and dirt**



**Dust every day or on alternate days**



**Clean the ceiling, mats, window frames, fans or air conditioners once a month**

## SL 4.2 Dusting Furniture



To clean glass, spray the glass with a glass cleaner spray and then use quick hand movements to wipe it with a microfiber cloth



Use the vacuum cleaner at least once a week to clean rugs, upholstery, windowsills, and carpets



To use a vacuum cleaner: 1) Attach appropriate nozzle 2) Use front-back movements 3) Change the direction occasionally 4) Clean the dust bag outdoors

## SL 4.3 Organizing and Cleaning the Elder's Bathroom

In this module, you will learn about:

- The need to clean and organize the elder's bathroom
- The steps to clean and organize the elder's bathroom
- A few assistive devices for making the bathroom safer for the elder

### Summary

1. To clean the elder's bathroom:
  1. Discard all empty bottles and wrappers
  2. Remove all soiled clothes into laundry
  3. Once a week, clean the wall tiles, bathroom fittings and ceiling
  4. Clean the bathroom floor, sink, bath tub, and commode every day
  5. After cleaning, dry the bathroom floor completely
  6. Wipe clean the sink, bathtub, and the toilet seat
  7. Spray or keep a cake of a mild deodorant in the bathroom
2. To organize the elder's bathroom:
  1. Remove all unnecessary objects
  2. Keep the bathroom area well lit
  3. Replenish supplies like soap, shampoo, and toilet paper
  4. Keep fresh towels in the bathroom
  5. Make sure all required things are kept within easy reach of the elder
3. Get some assistive devices installed in the bathroom for the elder's safety



## SL 4.3 Organizing and Cleaning the Elder's Bathroom



**Discard all empty bottles and wrappers**



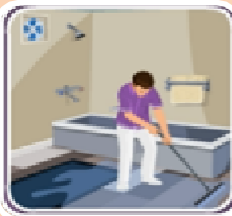
**Remove all soiled clothes into laundry**



**Once a week, clean the wall tiles, bathroom fittings and ceiling**



**Clean the bathroom floor, sink, bath tub, and commode every day**



**After cleaning, dry the bathroom floor completely**

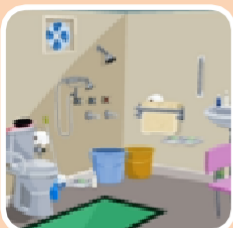


**Wipe clean the sink, bathtub, and the toilet seat**

## SL 4.3 Organizing and Cleaning the Elder's Bathroom



**Spray or keep a cake of a mild deodorant in the bathroom**



**To organize the elder's bathroom: 1) remove all unnecessary objects**



**2) Keep the bathroom area well lit**



**3) Keep fresh towels in the bathroom 4) Replenish supplies like soap, shampoo, and toilet paper 5) Make sure all required things are kept within easy reach of the elder**



**Get some assistive devices installed in the bathroom for the elder's safety**

## SL 4.4 Organizing the Elder's Closet

In this module, you will learn about:

- The need to get rid of clutter in an elder's closet
- Organizing an elder's closet to keep daily use items within easy reach
- A few items that make the use of a closet easier
- The steps to clean an elder's closet

### Summary

#### 1. To organize an elder's closet:

- 1) Take permission from the elder or a family member
- 2) Discard all unwanted items
- 3) Or shift them to less used storage areas
- 4) Arrange items of daily use within easy reach
- 5) Store items at suitable height depending on how the elder uses the closet
- 6) Ask for elder's preference about how to store daily use items
- 7) Get a light installed in the closet
- 8) And, keep a chair nearby

#### 2. To clean an elder's closet:

- 1) Set aside a time for the task every few weeks
- 2) Empty all the shelves
- 3) Ensure the elder is not exposed to dust
- 4) Dust all areas of the closet
- 5) Wipe the shelves using a suitable cleaner
- 6) Leave the closet open to remove dampness
- 7) Keep a deodorant in the closet
- 8) Arrange all items back in the closet on appropriate shelves

## SL 4.4 Organizing the Elder's Closet



**Take permission from the elder or a family member**



**Discard all unwanted items**



**Or shift them to less used storage areas**



**Arrange items of daily use within easy reach**



**Store items at suitable height depending on how the elder uses the closet**



**Ask for elder's preference about how to store daily use items**

## SL 4.4 Organizing the Elder's Closet



**Get a light installed in the closet**



**And, keep a chair nearby**



**Set aside a time for the task every few weeks**



**Empty all the shelves**



**Ensure the elder is not exposed to dust**



**Dust all areas of the closet**

## SL 4.4 Organizing the Elder's Closet



**Wipe the shelves using a suitable cleaner**



**Leave the closet open to remove dampness**



**Keep a deodorant in the closet**



**Arrange all items back in the closet on appropriate shelves**

## SL 4.5 Tidying up Home Environment

**In this module, you will learn about:**

- **The need to maintain a tidy environment for the person under your care**
- **How you can tidy up the living space of the person under your care**

### **Summary**

- 1. Take appropriate permissions before organizing the living area**
- 2. Sort out any non-essential items that the person does not use every day**
- 3. Take permission from the family or elder to discard these items**
- 4. Otherwise, move these items to less frequently used storage areas**
- 5. Define a place for everything; keep things in the defined place after use**
- 6. Use baskets, containers, hooks, chest of drawers, and closet systems to organize things**
- 7. Stack newspapers and magazines one over the other in a designated shelf; dispose them once in a week**
- 8. Create a place to store books, DVDs, CDs, and stationery items**
- 9. If there are babies in the house, ensure that the cabinets within their reach are baby proofed**
- 10. For elders, store things they use daily at a comfortable height**
- 11. Ask for the family's or elder's preference while storing the items**
- 12. Keep them out of reach of children**
- 13. Keep a laundry basket to store used clothes**
- 14. Store toys in a toy organizer**
- 15. To keep the kitchen tidy:**
  - 1) Keep frequently-used things at a reachable distance and**
  - 2) Do not clutter the work surface**
- 16. In the bathroom:**
  - 1) Organize the toiletries in cabinets and shelves**
  - 2) Discard all empty bottles and wrappers**
  - 3) Put all dirty clothes in laundry every day**

## SL 4.5 Tidying up Home Environment



**Take appropriate permissions before organizing the living area**



**Sort out any non-essential items that the person does not use every day**



**Take permission from the family or elder to discard these items**



**Otherwise, move these items to less frequently used storage areas**



**Define a place for everything; keep things in the defined place after use**



**Use baskets, containers, hooks, chest of drawers, and closet systems to organize things**



## SL 4.5 Tidying up Home Environment



**Stack newspapers and magazines one over the other in a designated shelf; dispose them once in a week**



**Create a place to store books, DVDs, CDs, and stationery items.**



**If there are babies in the house, ensure that the cabinets within their reach are baby proofed**



**For elders, store things they use daily at a comfortable height**



**Ask for the families or elder's preference while storing the items; keep them out of reach of children**



**Keep them out of reach of children**

## SL 4.5 Tidying up Home Environment



**Keep a laundry basket to store used clothes**



**Store toys in a toy organizer**



**To keep the kitchen tidy: 1) Keep frequently-used things at a reachable distance 2) Do not clutter the work surface**



**In the bathroom: 1) Organize the toiletries in cabinets and shelves**



**2) Discard all empty bottles and wrappers**



**3) Put all dirty clothes in laundry every day**

## SL 4.6 Using Home Appliances

In this module, you will learn about:

- The various home appliances
- How to use various home appliances

### Summary

#### 1. The common kitchen appliances include:

- |                     |                    |
|---------------------|--------------------|
| 1) Reamer           | 7) Stove           |
| 2) Juicer           | 8) Induction stove |
| 3) Popup toaster    | 9) Hotplate        |
| 4) Toaster oven     | 10) Microwave      |
| 5) Sandwich toaster | 11) Fridge         |
| 6) Food processor   |                    |

#### 2. Other home appliances include

- |                    |                    |
|--------------------|--------------------|
| 1) Vacuum cleaner  | 4) Air conditioner |
| 2) Washing machine | 5) Heater          |
| 3) Dryer           |                    |

## SL 4.6 Using Home Appliances



**Reamer**



**Juicer**



**Popup toaster**



**Toaster oven**



**Sandwich toaster**



**Food processor**

## SL 4.6 Using Home Appliances



**Stove**



**Induction stove**



**Hotplate**



**Microwave**



**Fridge**



**Vacuum cleaner**

## SL 4.6 Using Home Appliances



**Washing machine**



**Dryer**



**Air conditioner**



**Room heater**

Thank  
you!

The image features a solid pink background. Scattered across the background are numerous small, elongated, teardrop-shaped confetti pieces in two colors: a vibrant magenta and a bright cyan. In the center of the image, the words "Thank you!" are written in a large, white, cursive script. The word "Thank" is on the top line, and "you!" is on the line below it. The exclamation mark is large and prominent.

# Quiz Test Day 4



**UJUZI FURSA AFRICA**  
SKILLS FOR OPPORTUNITIES



## SL 4.1 Assisting in Laundry and Ironing

Label the Pictures:



1



2



3



4



5



6



7



8



9

## SL 4.2 Dusting Furniture

Label the Pictures:



1



2



3



4



5



6



7



8



9



10



11



12

## SL 4.3 Organizing and Cleaning the Elder's Bathroom

Label the Pictures:



1



2



3



4



5



6



7



8



9



10



11

are  
Life

## SL 4.4 Organizing the Elder's Closet

### Label the Pictures:



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



## SL 4.5 Tidying up Home Environment

Label the Pictures:



1



2



3



4



5



6



7



8



9

## SL 4.5 Tidying up Home Environment

Label the Pictures:



10



11



12



13



14



15



16



17



18

## SL 4.6 Using Home Appliances

Label the Pictures:



1



2



3



4



5



6



7



8



9



10



11

## SL 4.6 Using Home Appliances

Label the Pictures:



12



13



14



15



16



Thank  
you!

The image features a solid pink rectangular background. Scattered across this background are numerous small, teardrop-shaped confetti pieces in two colors: a vibrant magenta and a bright cyan. In the center of the pink area, the words "Thank you!" are written in a large, white, cursive script. The word "Thank" is on the top line, and "you!" is on the line below it. The exclamation mark is large and prominent. The overall style is cheerful and celebratory.