

MOVE-IN/OUT CLEANING CHECKLIST

The following tasks are all included with our Move-In/Out service, aside from what we have listed on our site. Our service includes an extensive task list that is sure to make your move experience an easy one! If you need a specific service taken care of, please contact us!



All Areas

- Dust furniture
- Dust picture frames
- Dust lamp and lampshades
- Dust ceiling fans (within reach)
- Dust Surfaces
- Dust and hand hope furniture tops
- Dust baseboards, chair rails, and door panels
- Dust ceiling fans (within reach)
- Vacuum carpets
- Vacuum and damp mop floors
- Dust blinds, window sills, and lock ledges
- Dust furniture
- Dust pictures frames
- Dust lamp and lamp shades
- Dust and clean mirrors
- Empty all trash



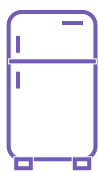
Bathrooms

- Clean and disinfect surfaces
- Clean, disinfect, and shine showers and tubs
- Shine Fixtures
- Clean and disinfect toilets inside and out
- Dust sufraces
- Dust blings, window sills, and lock ledges
- Dust cabinets, door panels, and baseboards
- Clean and disinfect surfaces
- Clean, disinfect toilets inside and out
- Clean and disinfect door knobs and switch plates
- Shine fixtures
- Vacuum and damp mop floors
- Empty trash



Bedrooms

- Dust surfaces
- Dust and hand wipe furniture tops
- Dust furniture, chair rails, and door panels
- Change sheets (upon request)
- Dust baseboards, corners, and door panels
- Dust blinds, window sills, and lock ledges
- vacuum and damp mop floors (if non-carpet)
- Make beds (upon request)
- Empty trash



Kitchen

- Dust surfaces, chair rails, cabinets, and door panels
- Dust blinds, window sills, and lock ledges
- Dust top of the refrigerator
- Clean and disinfect countertops
- Clean and disinfect doorknobs and switch plates
- Clean and disinfect sink
- Clean and disinfect microwave inside and out
- Clean, disinfect, and shine outside of oven and top of the range
- Clean, disinfect, and shine outside of the dishwasher
- Clean, disinfect, and shine outside of the refrigerator
- Clean and disinfect kitchen table
- Vacuum and damp mop floors
- Empty trash



Spring/Deep Cleaning

- Damp wipe baseboards and window sills
- Damp wipe door panels and frames
- Vacuum upholstered furniture
- Remove cobwebs
- Damp wipe kitchen and bathroom cabinet fronts



Move-in/Out Cleaning

- Damp wipe baseboards and window sills
- Damp wipe door panels and frames
- Vacuum upholstered furniture
- Remove cobwebs
- Damp wipe kitchen and bathroom cabinet fronts

For the safety of our cleaning representatives, Help My Life L.L.C. is not responsible for cleaning things that are physically out of reach. Please discuss any extra services with our representatives prior to your appointment

