

# SKILLS CATALOG

CLEANING WORK, HOTEL  
SERVICE, JANITOR

A detailed black and white line drawing of various cleaning supplies. In the foreground, there are several spray bottles of different shapes and sizes, some with trigger nozzles. To the left, there are brushes with long handles and dense bristles. In the bottom right, there is a set of keys and a small, rectangular electronic device, possibly a remote control or a small electronic scale. The entire illustration is rendered in a fine-line, cross-hatched style.

**PROJECT  
AION**

Iceland   
Liechtenstein  
Norway grants



# Iceland Liechtenstein Norway grants

The AION project benefits from a grant of € 195828 received from Iceland, Liechtenstein and Norway under the EEA Grants.

The aim of the project is to develop a comprehensive, systemic model of preparation for professional activity of people with deeper intellectual disabilities.

Preparation of professional laboratories with training programs and methodology.

Development of a coherent and systemic strategy for supporting the employment of people with intellectual disabilities on the labor market in cooperation with the District Labor Office in Sosnowiec.

Working out a path of professional development and a strategy of inclusion in the open and / or protected labor market, taking into account the educational, legal, organizational housing for schools, people with disabilities, public institutions and entrepreneurs that can potentially employ people with disabilities.

Skills catalog  
**Cleaning work, hotel service, caretaker**

1. Floor cleaning
2. Washing dishes
3. Washing
4. Window washing
5. Washing and cleaning cars
6. Cleaning of sanitary rooms

**RATING:**

**green color** – task completed correctly

**Red colour** – you should continue to practice the skill

The student can start learning the next skill when both assessments (self-assessment and teacher feedback) are green.

## I CAN WASH THE FLOOR

Level 1

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I recognize floor cleaning liquid among other products		
I know where the tools needed to clean floors are		
I know where the funds are for washing floors		
I correctly judge when the floor needs washing		
I prepare the tools and products necessary for cleaning floors		
I know the safety rules for washing floors		

## I CAN WASH THE FLOOR

Level 2

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I can sweep		
I dose appropriate floor cleaning agents		
I use a hand mop		
I use a steam mop		
I put the funds in the right place		
I put the tools back in their proper place		
I follow safety rules while washing floors		

## I CAN WASH DISHES

Level 1

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I recognize dishwashing liquid among other products		
I recognize and point out the tools needed for washing dishes (e.g. sponges, cloths, bottle brushes)		
I know which dishes need washing		
I know where all the kitchen utensils are		
I know the safety rules that should be followed when washing dishes		

## I CAN WASH DISHES

Level 2

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I dispense dishwashing liquid		
I use the right tools to wash dishes (e.g. sponge, cloth, bottle brush)		
I wash the dishes myself		
I sort the tableware		
I put clean and dry dishes in the appropriate cabinets		
I put dirty dishes in the dishwasher		
I turn on the dishwasher and select the appropriate washing program		
I unpack clean dishes from the dishwasher		
I follow safety rules while washing dishes		

## I CAN DO LAUNDRY

Level 1

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I distinguish detergents for white and colored fabrics		
I sort fabrics by color		
I know where the detergents are		
I correctly judge when fabrics need washing		
I know where to put the washing powder/gel (correct opening in the washing machine drawer)		
I know where to put the fabric softener (correct hole in the washing machine drawer)		
I know where to hang wet laundry		
I know the safety rules for operating the washing machine		



## I CAN DO LAUNDRY

Level 2

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I use the right washing powder/gel		
I dose the appropriate amount of detergent and place it in the appropriate holes in the washing machine		
I dose the appropriate amount of fabric softener and place it in the appropriate holes in the washing machine		
I hang out the washed fabrics		
I put the funds in the right place		
I operate the washing machine myself		
I fold dried fabrics		
I follow safety rules when operating the washing machine		

## I CAN WASH WINDOWS

Level 1

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I recognize window (glass) cleaning fluid among other products		
I recognize and point out the tools needed to clean windows (e.g. cloths, paper towels, electric washer)		
I know when the windows need cleaning		
I know where the funds are and tools necessary for cleaning windows		
I know the safety rules that should be followed when washing windows		

## I CAN WASH WINDOWS

Level 2

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I prepare windows and window sills for washing		
I use glass cleaner		
I select the tools needed to clean windows (e.g. cloths, paper towels, electric washer)		
I wash glass, window frames and window sills myself		
I'm putting money aside and tools necessary for cleaning windows		
I apply safety rules that must be followed when washing windows		

## I CAN WASH AND CLEAN THE CAR

Level 1

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I know what products to use to clean windows		
I indicate the means for cleaning the bodywork		
I know how to clean the dashboard		
I know where individual resources and tools are located		
I know how to turn on the vacuum cleaner		
I know how to run a pressure washer		
I know the safety rules that must be followed at the car wash and while washing the car		

## I CAN WASH AND CLEAN THE CAR

Level 2

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I clean the windows using appropriate products		
I clean the bodywork using appropriate products		
I'm cleaning the dashboard		
I put individual resources and tools in their proper places		
I'm vacuuming the car		
I wash the outside of the car (I use a pressure washer)		
I follow car wash safety rules		

## I CAN CLEAN THE BATHROOM AND TOILET

Level 1

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I know what products to use to clean walls and floors (tiles and terracotta)		
I indicate products for cleaning mirrors		
I know how to clean the sink, bathtub and shower tray		
I indicate the means for cleaning the toilet bowl		
I know where individual resources and tools are located		
I know what utensils and cosmetics are needed in the bathroom and toilet (e.g. towel, soap, toilet paper)		
I know the safety rules that should be followed when using irritating chemicals		

I CAN CLEAN THE BATHROOM AND TOILET  
Level 2

<b>Skill</b>	<b>Self-esteem</b>	<b>Information from the teacher</b>
I wash walls and floors using appropriate products		
I clean the sink, bathtub and shower tray using appropriate products		
I'm washing the mirror		
I'm cleaning the toilet bowl		
I put individual resources and tools in their proper places		
I replenish missing cosmetics and accessories needed in the bathroom and toilet		
I follow car wash safety rules		