

Staffordshire Independence Programme



● MODULE 3: *DOING-IT-YOURSELF*

If you do not already know, this module will help you to:

1. Correctly dispose and recycle refuse;
2. Keep a house clean and know why this is important;
3. Identify different cleaning products for different jobs;
4. Find information about some household DIY tasks;
5. Discuss how you would respond to different household situations.

● MODULE 3: *DOING-IT-YOURSELF*

First off, let's see what you already know...

1. What colour is the live wire inside a plug?
 - a. Blue
 - b. Yellow/Green
 - c. Brown
2. When using cleaning products, you will come across some that need diluting (adding water to). What would you do in order to use a product with a dilute ratio of 1:10?
 - a. Mix together 1 part of product, and 10 parts of water
 - b. Mix together 10 parts of product, and 1-part water
3. Combining the two common household cleaning products; bleach and ammonia, is toxic.
 - a. True
 - b. False
4. Which of these items would come in handy when bleeding a radiator?
 - a. Hammer
 - b. Step Ladder
 - c. Empty Bowl
5. Before drilling a hole into a wall, what would you do first?
 - a. Call a professional
 - b. Check for hidden pipes or cables and find a spirit level you could use
 - c. Drill some practice holes into the wall

MODULE 3:
DOING-IT-YOURSELF

Let's see what you can already do...

	I have done this	I have not done this yet but will before moving into my own home
Taken rubbish out to the bin		
Taken the bin out to be collected		
Changed your bedding		
Doing the washing up		
Washed your own clothes		
Ironed a shirt		
Cooked a simple meal		
Hoovered		

Something else to think about...

- What colour bins are used for what in your area? E.g. green, blue, brown
- What do you do with the iron when you are finished using it?
- How often do you change your bedding?

● **MODULE 2:**
SETTING UP YOUR OWN HOME

What would you do?

Below are a number of scenarios. For each, please think about what you would do if you found yourself in a similar situation...

You return to your property after going out shopping to find that there is a flood in your bathroom. There is water covering the floor and it is not clear where the water is coming from. You cannot get into the bathroom to investigate the source of the flood without difficulty.

What do you do?

You bought a new toaster yesterday and plugged it in this morning to make your breakfast, but as soon as you did, your electricity tripped out. You unplugged the toaster and then went to the fuse box and switched the power back on, and it tripped again.

What do you do?

You moved into your property in August and the weather was very hot. Winter is approaching now, and you have started to put your heating on when you're at home. However, with the weather getting colder, you have also noticed that there is some mould along the walls in the bathroom and the kitchen

What do you do?

It is Sunday evening and you are sitting down to relax before the start of a new week, you are aware your electricity is running low but think you will have enough to last you until the morning. All of a sudden, the power goes out, you go to the meter and see that you have ran out earlier than expected, and shops close at 4pm on Sunday.

What do you do?

● **MODULE 3:**
DOING-IT-YOURSELF

Cleaning

When you move into your own home, you will soon realise that there is a wide range of household chores that need to be done to keep your home safe and clean.

You will find a lot of advice online about how often you should be doing certain chores, you can even turn to Instagram for this information!

For example, this is what Good Housekeeping recommends...

Top tip: you may find it useful to create a cleaning schedule to remind yourself of what chores to do throughout the week. This is a good way of keeping on top of things. You could set reminders in your phone or calendar if you did not want to make a full schedule.

GOOD HOUSEKEEPING

HOW OFTEN YOU SHOULD
CLEAN EVERYTHING

 **EVERY DAY** 

<input type="checkbox"/> Make bed	<input type="checkbox"/> Sweep kitchen floors
<input type="checkbox"/> Clean coffeemaker	<input type="checkbox"/> Wipe down bathroom surfaces
<input type="checkbox"/> Clean dirty dishes	<input type="checkbox"/> Squeegee shower walls
<input type="checkbox"/> Wipe down kitchen counters & table	<input type="checkbox"/> Sanitize kitchen & bathroom sinks
<input type="checkbox"/> Do laundry, as needed	

 **EVERY WEEK** 

<input type="checkbox"/> Mop kitchen & bathroom floors	<input type="checkbox"/> Change bedding
<input type="checkbox"/> Scrub bathroom surfaces	<input type="checkbox"/> Toss expired food
<input type="checkbox"/> Clean mirrors	<input type="checkbox"/> Wipe down kitchen appliances
<input type="checkbox"/> Dust furniture	<input type="checkbox"/> Clean inside of microwave
<input type="checkbox"/> Vacuum your floors & furniture	<input type="checkbox"/> Sanitize sponges

 **EVERY MONTH** 

<input type="checkbox"/> Vacuum vents & woodwork	<input type="checkbox"/> Dust blinds
<input type="checkbox"/> Dust & clean light fixtures	<input type="checkbox"/> Clean your dishwasher, laundry machines & vacuum

 **EVERY 3-6 MONTHS** 

<input type="checkbox"/> Wipe down inside of fridge	<input type="checkbox"/> Wash pillows & comforters
<input type="checkbox"/> Clean kitchen range hood	<input type="checkbox"/> Vacuum mattress
<input type="checkbox"/> Wash shower curtain liner	<input type="checkbox"/> Descale coffee maker
<input type="checkbox"/> Clean under & behind furniture	<input type="checkbox"/> Freshen drains & garbage disposal
<input type="checkbox"/> Clean patio/deck surfaces & furniture	<input type="checkbox"/> Clean inside of oven
	<input type="checkbox"/> Clean out freezer
	<input type="checkbox"/> Wash car

 **EVERY YEAR** 

<input type="checkbox"/> Clean fireplace & chimney	<input type="checkbox"/> Clean around dryer & vents
<input type="checkbox"/> Deep clean carpet & upholstery	<input type="checkbox"/> Clean drapes & curtains
<input type="checkbox"/> Deep clean windows	<input type="checkbox"/> Clear out gutters

● **MODULE 3:**
DOING -IT-YOURSELF

Clothes and Clothes Labels

Look at the labels below, think about what they may mean, and if you found them, how you would clean your clothes or use certain cleaning products:



What does this mean?



What does this mean?



What does this mean?

What about these warning labels for these cleaning products?



What does this mean?



What does this mean?

Handy Tips

- Always read the back for cleaning products to check what you can use them on and what you can clean the with the product;
- Be careful when using different cleaning products together as some may react;
- Be careful not to get cleaning products in your eyes or over your hands, information will be included on the bottle if this kind of exposure is dangerous and what to do in that situation;
- When washing clothes, always look at the care instructions, this will tell you whether you can tumble dry and iron clothes as well as what temperature to put on the wash cycle.

● MODULE 2: *SETTING UP YOUR OWN HOME*

Clothes label A-Z –

Clothes labels can often be difficult to interpret and understand. Sometimes this means that you can end up damaging or shrinking your clothes due to washing, drying or ironing your clothes on a different setting to what is recommended. Below is some information about what the most common labels mean.

Washing

-  Hand wash or machine wash
-  The number indicates the maximum temperature to wash.
-  Hand wash only
-  Do not wash

Ironing

-  Maximum temperature
-  Medium temperature
-  Low temperature
-  Do not iron
-  Do not steam.

Dry cleaning

-  Dry clean with any usual solvent
-  Do not wash. Must be dry cleaned by a professional.

Bleaching

-  Bleach may be used.
-  Non-chlorine bleach only
-  Do not bleach

Drying

-  Hang to dry after removing excess water.
-  Drip dry: Hang soaking wet.
-  Lay at to dry after removing excess water.
-  Dry in the shade.

● MODULE 2: *SETTING UP YOUR OWN HOME*

DIY –

DIY can often seem like a scary job, but it is likely you will have to do some DIY at some point after moving to live on your own. While you may want to contact your local tradesperson for certain jobs, there are some tasks that you could teach yourself to do which would also save you money!

Please watch this short video about DIY do's and don'ts:



<https://www.youtube.com/watch?v=5wPeQai1rCU>

You will find lots of videos on YouTube showing you, and talking you through how to do different DIY jobs, so it is a great place to learn!

TOP TIP: If you are putting something up on the wall that requires nails make sure you check there are no water or gas pipes running through the wall. You could end up hitting a pipe which would cause more trouble than it is worth!

TOP TIP: If you are living in rented accommodation, you will need to check with your landlord before you perform any DIY on the property as there may be some restrictions in your tenancy agreement. Breaking the tenancy agreement even over something seemingly small could pose a risk to you e.g. not having your deposit returned to you if this is applicable.

● MODULE 3: *DOING IT YOURSELF*

Done-it-Yourself –

Some common DIY tasks include:

- Wallpapering
- Changing a plug socket
- Putting up a curtain pole
- Laying a carpet
- Putting up a shelf

Your next task is to choose two DIY tasks you think you may need to do in the future. Search for instructions on how you would do this task, e.g. watch videos on YouTube and write down some brief instructions below to remember the steps of how you would do them.

Task:

Instructions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Task:

Instructions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

● MODULE 3: *DOING IT YOURSELF*

Useful Links –

For more information about advice on cleaning:

- <https://www.goodhousekeeping.com/home/cleaning/a37462/how-often-you-should-clean-everything/>

DIY advice:

- YouTube – there are hundreds (if not thousands) of videos about how to do different DIY tasks, so if you are unsure about anything, this is a good place to start