



Cleaner IC

Practical workbook
Participant

Practical workbook Cleaner IC – participant version

Introduction

You use this practical workbook at the company to work on your practical experience. An important part of the training for the profession of Cleaner (IR).

The entire training consists of the following parts:

- Obtaining the mandatory certificates
- Obtaining the recommended certificates
- **Carrying out the practical assignments and gaining practical experience**
- Completing the module with a final assessment

In the overview you can see all the requirements associated with Cleaner IC. The indicated certificates have been established as standard by the Orsima sector. In individual cases, it is possible for companies to deviate from this in a substantiated manner.

You will also see which career opportunities there are within the Industrial Cleaning sector.

Cleaner IC
Core tasks
1. Perform cleaning work
Legal professional requirements
-
Industrial requirements (mandatory)
Basisveiligheid VCA
SIR Adembescherming AB-B
Industrial requirements (recommended)
-
Language requirements Dutch
'Listening' level 3
'Conversations' level 3
'Reading' level 3
'Writing' level 2
Language requirements English
'Listening' level 3
'Conversations' level 3
'Reading' level 3
'Writing' level 2
Growth opportunities
Allround Cleaner IC
High Pressure Pump Operator IC
Pressure Vacuum Operator IC
High Pressure Pump Machinist
Pressure Vacuum Machinist IC

**Description of the language levels:*

1. *Is able to understand and use simple messages.*
2. *Is able to understand frequently used expressions. Can communicate on everyday issues.*
3. *Is able to understand key points from clear standard texts on familiar topics. Can express himself orally in most common situations. Can describe experiences, events and opinions.*
4. *Is able to understand the main idea of a complex text. Can express himself fluently and carry on a conversation without difficulty. Can write texts, can give an opinion and can argue.*
5. *Is able to understand long and difficult texts and can express himself fluently and spontaneously. Can use the language flexibly and effectively and can produce detailed texts.*

Get started with practice

This workbook contains practical assignments with which you can practice your skills. You carry out these assignments at your workplace.

During the training you will have the support of your practical supervisor. He will help you to make progress and you can consult him if you have any questions.

You can expect the practical supervisor to:

- Support you at all times
- Help you with making a study plan
- Answer your questions and consult with you
- Provide instruction on how to carry out practical assignments
- Assess assignments and indicate points for improvement
- Indicate when you are ready to take the final test

Each assignment you have completed must be signed off by your practical supervisor. You start with the introductory assignment.

Introductory assignment

What does the profession of Cleaner IC look like?

The profession of the Cleaner IC is described in this chapter.

1. Read the text about the profession carefully.

What does the Cleaner IC do?

The Cleaner IC often works in an industrial environment. The work is carried out independently or in a team. The work is very varied. The Cleaner IC is always working in a different place.

In the morning he is informed where he is going to work and he stays there until it is finished.

The Cleaner IC is a professional. He carries out cleaning programs at various companies in the industrial sector. The Cleaner IC loosens, collects and removes solids and liquids. He works in tanks, warehouses in factories and in outdoor areas.

The Cleaner IC uses various materials, equipment and Personal Protective Equipment (PPE) in his work. The Cleaner IC works carefully and always pays attention to safety. He can deal with different types of (dangerous) substances and knows when to solve problems himself and when to call in the help of others. The Cleaner IC is used to working according to procedures.

He communicates with colleagues and supervisors to ensure that work is completed on time and as agreed.

The Cleaner IC adapts easily and can be deployed in multiple workplaces. He is flexible within the work assignment or given instruction. He only makes adjustments to work in consultation with his manager.

What do you need to do the job well?

To do your job well, it is important that you:

- are able to understand and speak Dutch and/or English.
- obtained the 'Basisveiligheid VCA' certificate.
- obtained the SIR 'Adembescherming AB-B' certificate.
- are at least 18 years old.
- can read and understand a work permit.

In the profession of Cleaner IC you perform cleaning activities. You are dealing with:

- the preparation for the work
- cleaning an object according to the instruction
- safe disposal and clean-up

When performing the work:

- always check whether you can work safely
- always consider the guidelines, procedures, and safety regulations
- when in doubt, always consult with colleagues and/or manager

Collect contact information*

[2. Fill in the contact details.](#)

Personal information

First name:

Last name:

Date of birth:

Company data

Company name:

Name of practical supervisor:

Phone number / Email address:

** This information is only used to support the execution of the module and to be able to issue a certificate as proof of passing this module.*

[a step-by-step plan](#)

To become an experienced Cleaner IC you have to perform the work a number of times. This way you gain more and more work experience, and you know increasingly well what to do at what time.

Before you start work you will receive an instruction from the practical supervisor. When you have performed the work, the practical supervisor will give you feedback. This way, you will learn step by step to perform the work independently and well.

The step-by-step plan helps to consciously take learning steps. The mentor or company draws up the step-by-step plan. The practical supervisor will help you with the implementation of the step-by-step plan.

You perform each practical assignment at least three times. The practical supervisor will indicate when it is sufficient.

There are a total of five different assignments.

Assignment 1. Removing stab-resistant remains from walls by cutting off.

Assignment 2. Cleaning installation parts (internal and/or external).

Assignment 3. Complete cleaning of walls and floors of an installation part.

Assignment 4. Cleaning up chemical spill with absorption granules.

Assignment 5. Cleaning appendages and/or piping with high pressure (< 250 bar).

Assignment 6. Dry cleaning of appendages and/or piping of installations.

3. Complete the step-by-step plan part 1 together with the practical supervisor.

- Determine a week in which you will start.
- Think about how many assignments you will do in one week.
- Agree with the practical supervisor when he assesses and gives feedback.

Step-by-step plan part 1 – Name:				
Schedule Date/week	Assignment	Done yes/no	Assessed yes/no	Sufficient yes/no
	First time 1. Removing stab-resistant remains from walls by cutting off.			
	First time 2. Cleaning installation parts (internal and/or external).			
	First time 3. Complete cleaning of walls and floor of an installation part.			
	First time 4. Clean up chemical spills with absorbent granules.			
	First time 5. Cleaning fittings and/or piping with high pressure (< 250 bar).			
	First time 6. Dry cleaning of fittings and/or piping of installations			

	Feedback/assessment moment			
Schedule Date/week	Assignment	Done yes/no	Assessed yes/no	Sufficient yes/no
	Second time 1. Removing stab-resistant remains from walls by means of parting off.			
	Second time 2. Cleaning installation parts (internal and/or external).			
	Second time 3. Complete cleaning of walls and floor of an installation part.			
	Second time 4. Cleaning up chemical spills with absorption granules.			
	Second time 5. Cleaning fittings and/or piping with high pressure (< 250 bar).			
	Second time 6. Dry cleaning of appendages and/or piping of installations			
	Feedback/assessment moment			
Schedule Date/week	Assignment	Done yes/no	Assessed yes/no	Sufficient yes/no
	Third time 1. Removing stab-resistant remains from walls by cutting off.			
	Third time 2. Cleaning installation parts (internal and/or external).			
	Third time 3. Complete cleaning of walls and floor of an installation part.			
	Third time 4. Clean up chemical spills with absorbent granules.			
	Third time 5. Cleaning fittings and/or piping with high pressure (< 250 bar).			
	Third time			

	6. Dry cleaning of fittings and/or piping of installations			
	Feedback/assessment moment			

Also make a step-by-step plan for the mandatory certificates.

- How long does the training take?
- When can you start the training?
- How much time do you need to prepare for the exam?
- When can you take the exam?

4. Complete the step-by-step plan part 2.

Step-by-step plan part 2 – Name:			
Schedule Date/week	Basisveiligheid VCA	Done yes/no	Sufficient yes/no
	Training started		
	Education completed		
	Exam done		
Schedule Date/week	SIR Adembescherming AB-B	Done yes/no	Sufficient yes/no
	Training started		
	Education completed		
	Exam done		

Assignment 1. Removing stab-resistant remains from walls by means of parting off.

Description

You clean an installation by removing stab-resistant residues from walls, ceilings and bottom. You pay attention to your safety because the places are often saturated with hazardous substances. You ask for product information and use the correct personal protective equipment.

Preparation

You coordinate the preparation of the work with your manager. You ask questions when something is not clear.

1. You collect the material you need to remove stab-resistant remains from walls.

Check:

- √ Request product information
- √ Tools and Materials
- √ Personal protective equipment

2. You check whether the location where you are going to work is safe.

Check:

- √ Own safety
- √ Other people's safety
- √ Hazardous goods safety

Performance

You carry out the cleaning work.

1. You scrape the wall clean.

Check:

- √ Whole wall treated
- √ All spots ready for next treatment

2. You follow the instructions and regulations

Check:

- √ You work meticulously
- √ You work at a good pace

Completion

You clean up the workplace and dispose of the waste safely.

1. You clean up the dirt.

Check:

- √ Sort residual waste by type
- √ Dispose of residual waste (solid and liquid) in an environmentally conscious and safe manner

2. You clean the materials and tools

Check:

- √ Cleaning tools and equipment
- √ Cleaning PPE
- √ Storing tools and resources

3. You report to your manager that the work has been completed.

Check:

- √ Specify details if there were any

Assignment 2. Cleaning installation parts (internal or external)

Description

When removing sludge with a pressure vacuum truck, you walk in the area or room with a wiper to supply the residual product to the suction hose.

You look at the construction and the course of the soil. You place the suction hose in the lowest places and wipe the residual product there. You provide sufficient lighting and ventilation in the confined space. You prevent the risk of falling and tripping by keeping hoses and cables out of the walking and escape routes.

With thicker products, the work is physically heavier and you make sure that you use your muscle power well. When working with hazardous substances, you ensure your safety and that of others.

The Pressure Vacuum Pump Machinist IC is responsible for the work performed and acts as a work permit holder.

Preparation

You coordinate the preparation of the work with your manager. You ask questions if something is not clear.

1. You collect the material needed for the job.

Check:

- √ Mission is clear
- √ Tools and Materials
- √ Personal protective equipment

2. You check whether the location where you are going to work is safe.

Check:

- √ Own safety
- √ Other people's safety
- √ Hazardous goods safety

Performance

You carry out the cleaning work.

1. You feed the residual product with a wiper to the suction hose of the vacuum truck.

Check:

- √ Supply product
- √ Distribute muscle power

2. You follow the instructions and regulations.

Check:

- √ You work meticulously
- √ You work at a good pace

Completion

You clean up the workplace and dispose of the waste safely.

1. You clean the materials and tools

Check:

- √ Cleaning and storing the wiper
- √ Cleaning PPE

2. You report to your manager that the work has been completed.

Check:

- √ Specify details if there were any

Assignment 3. Complete cleaning of walls and floor of an installation part

Description

You completely clean an installation part. You spray or scrape the roof and walls. You only spray if the work does not fall under high-pressure cleaning (working pressure <250 bar and maximum pump power 10 KW). You choose the tools and aids that you will use at work. You choose the order in which you perform the cleaning work. You pay attention to an efficient working method and you pay attention to safety and the quality of the work.

Preparation

You coordinate the preparation of the work with your supervisor. You ask questions if something is not clear.

1. You collect the material needed for the job.

Check:

- √ Cleaning products
- √ Tools and Materials
- √ Personal protective equipment

2. You check whether the location where you are going to work is safe.

Check:

- √ Own safety
- √ Other people's safety
- √ Hazardous goods safety

Performance

You carry out the cleaning work.

1. You spray the installation part.

Check:

- √ Spray installation part
- √ Check work
- √ Spots ready for next treatment

2. You scrape the walls clean.

Check:

- √ The walls have been treated
- √ Check work
- √ Spots are ready for next treatment

3. You follow the instructions and regulations

Check:

- √ You work meticulously
- √ You work at a good pace

Completion

You clean up the workplace and dispose of the waste safely.

1. You clean up the dirt.

Check:

- √ Sort residual waste by type.
- √ Dispose of residual waste (solid and liquid) in an environmentally conscious and safe manner.

2. You clean the materials and tools

Check:

- √ Cleaning tools and equipment
- √ Cleaning PPE
- √ Storing tools and resources

3. You report to your manager that the work has been completed.

Check:

- √ Specify details if there were any

Assignment 4. Cleaning up chemical spills with absorption granules

Description

When connecting and disconnecting hoses, a product may spill. Spill must be cleaned up quickly and properly. When cleaning up spills, first use absorbent granules. Then you clean the surface with a water/soap solution or a neutralizing agent. You work quickly but also pay close attention to the safety of yourself and others.

Preparation

You coordinate the preparation of the work with your supervisor. You ask questions if something is not clear.

1. You collect the material needed for the job.

Check:

- √ Cleaning products
- √ Tools and Materials
- √ Personal protective equipment

2. You check whether the location where you are going to work is safe.

Check:

- √ Own safety
- √ Other people's safety
- √ Hazardous goods safety

Performance

You carry out the cleaning work.

1. You clean up the spill.

Check:

- √ Absorption granules
- √ Post-cleaning

2. You follow the instructions and regulations

Check:

- √ You work meticulously
- √ You work at a good pace

Completion

You clean up the workplace and dispose of the waste safely.

1. You clean up the dirt.

Check:

- √ Sort residual waste by type.
- √ Dispose of residual waste in an environmentally conscious and safe manner.

2. You clean the materials and tools

Check:

- √ Cleaning tools and equipment
- √ Cleaning PPE
- √ Storing tools and resources

3. You report to your manager that the work has been completed.

Check:

- √ Specify details if there were any

Assignment 5. Cleaning fittings and/or piping with high pressure (< 250 bar)

Description

In the event of leaks, part of the installation can become contaminated. To clean this up, clean the appendages and/or the piping with various equipment (for example, an HP cleaner). You prepare the equipment for use and you work from top to bottom. When using a HP cleaner, the working pressure is < 250 bar and the pump power is a maximum of 10 KW.

When cleaning, you pay attention to safety. You are alert to environmental risks such as Atex zoning and PPE .

Preparation

You coordinate the preparation of the work with your supervisor. You ask questions if something is not clear.

1. You collect the material needed for the job.

Check:

- √ Equipment ready to use
- √ Personal protective equipment

2. You check whether the location where you are going to work is safe.

Check:

- √ Own safety
- √ Safety of others
- √ Hazardous goods safety

Performance

You carry out the cleaning work.

1. You clean the appendages and/or the piping

Check:

- √ Working pressure < 250 bar
- √ Pump power maximum 10 KW
- √ Working from top to bottom

2. You follow the instructions and regulations

Check:

- √ You work meticulously
- √ You work at a good pace

Completion

You clean up the workplace and dispose of the waste safely.

1 . You clean the materials and tools

Check:

- √ Cleaning tools and equipment
- √ Cleaning PPE
- √ Storing tools and resources

2. You report to your manager that the work has been completed.

Check:

- √ Specify details if there were any

Assignment 6: Dry cleaning of appendages and/or piping of installations.

Description

You dry clean the appendages and/or the pipework. You remove dust residues around installation parts manually or with equipment.

You use different materials (for example: brooms, brushing machines and/or vacuum cleaners)

When cleaning, you pay attention to safety (think of Atex zones, explosion risk). You make sure that you avoid dust clouds. Also make sure that no static electricity is generated.

Preparation

You coordinate the preparation of the work with your supervisor. You ask questions if something is not clear.

1. You collect the material needed for the job.

Check:

- √ Equipment ready to use
- √ Personal protective equipment

2. You check whether the location where you are going to work is safe.

Check:

- √ Own safety
- √ Safety of others

Performance

You carry out the cleaning work.

1. You clean the appendages and/or the piping dry

Check:

- √ Installation part is dust-free
- √ Preventing dust clouds
- √ Preventing static electricity

2. You follow the instructions and regulations

Check:

- √ You work meticulously
- √ You work at a good pace

Completion

You clean up the workplace and dispose of the waste safely.

1. You clean the materials and tools

Check:

- √ Cleaning tools and equipment
- √ Cleaning PPE

√ Storing tools and resources

2. You report to your manager that the work has been completed.

Check:

√ Specify details if there were any

Final assessment Cleaner IC

The last step to complete the practical skills is taking the final test.

In this test you show that you are capable of working as a Cleaner IC in practice.

You will discuss with your practical supervisor when you can take the final test.

On the day of the final test you will receive an assignment from the practical supervisor that you will carry out.

The practical supervisor and sometimes another assessor look at how you do this. They will assess your work on the following points:

Core task: Carry out cleaning work			
1.1 Prepares for the work	I	G	N
Understands the given instruction about the work to be performed <ul style="list-style-type: none"> • Listens carefully and shows patience • Asks for necessary information • Asks if something is not clear 			
Gathers the right materials and tools <ul style="list-style-type: none"> • Prepares materials, tools and equipment for use • Checks own PPE • Knows the possible uses of materials and resources 			
Assists the Operator/Machinist in preparing the installation <ul style="list-style-type: none"> • Knows the uses of the installation • Shows motivation • Checks own work at the end of the performance 			
Checks the security of the location <ul style="list-style-type: none"> • Identifies and reports an unsafe situation • Responds alertly and actively to unsafe situations 			
1.2 Cleans the object according to the instruction	I	G	N
Performs cleaning tasks. <ul style="list-style-type: none"> • Makes surfaces clean and ready for the next treatment • Uses materials, tools and equipment correctly • Handles materials and resources efficiently 			
Works according to instruction. <ul style="list-style-type: none"> • Works according to safety procedures, regulations and work instructions • Checks own work during execution • Asks if necessary if it is not clear 			
Works accurately and within the agreed time.			

<ul style="list-style-type: none"> • Fulfills work agreements made or informs you in a timely manner if this is not possible • Shows motivation 			
1.3 Safe disposal and clean up	I	G	N
Disposes of the residues according to regulations. <ul style="list-style-type: none"> • Disposes of waste/residual material in accordance with regulations • Addresses others about unsafe and/or non-environmentally conscious behaviour • Makes suggestions for non-environmentally conscious actions 			
Cleans up the used materials and tools. <ul style="list-style-type: none"> • Cleans used tools after use • Checks whether tools are still functioning properly • Checks if materials are not exhausted • Safely stores materials and resources 			
I: Insufficient G: Good N: Not observed Total assessment final test: Pass / Fail*			