



Quality Maintenance Inc.

Green Cleaning Guide[®]

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Green Cleaning

What does Green really mean?

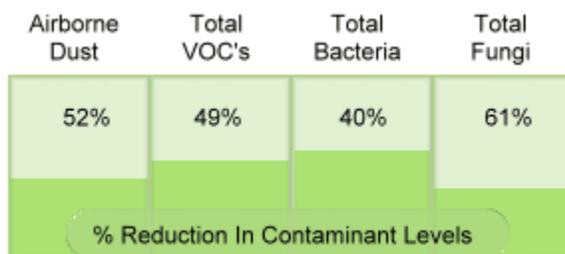
What does “Green” mean?

For years now, we’ve been hearing the word “green” used in everything from makeup to cleaning cloths. What about cleaning products? Is there really a difference? The answer is a scientific “Yes.” Ordinary Cleaning chemicals can adversely affect your health and well-being. For example, many people are allergic to ammonia, which is commonly used in window cleaning solutions. When ammonia enters the body as a result of breathing significant quantities, swallowing or skin contact, it reacts with water to produce ammonium hydroxide. This chemical is very corrosive and damages cells in the body on contact. ⁱ

Cleaning agents with airborne toxicity must be used in a well ventilated area and usually require a dwell time of 10 minutes or more (like Bleach). Dwell time is the amount of time the product has to sit on the surface before it is wiped away.

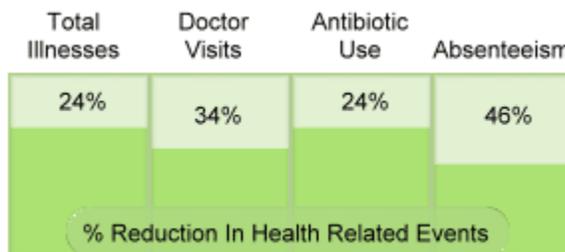
Green cleaning agents, on the other hand, are less harmful to human, pets, and the environment. They contain ingredients that will clean the surface they are applied to without damaging the person doing the cleaning.

Studies have shown that the indoor air quality of homes and business that use Green Cleaning Methods significantly improve.



Dr. Michael Berry, (author of ***Protecting the Built Environment: Cleaning for Health***), was able to quantify reductions in contaminant levels in areas where improved green cleaning methods were used. Reducing the source of cleaning pollution problems can improve the health of building occupants, reducing health issues, while maintaining the clean.

Dr. Leonard Krilov, Professor at Cornell University, conducted a study at The Association for Children With Downs Syndrome School. Dr. Krilov wanted to see if improved cleaning methods positively impacted certain health related events and absenteeism levels. The chart below documents significant reductions in total illnesses, doctor visits, antibiotic use, and absenteeism when improved cleaning methods were used.



Indoor Air Quality

Source Control

Usually the most effective way to improve indoor air quality is to eliminate individual sources of pollution or to reduce their emissions. Some sources, like those that contain asbestos, can be sealed or enclosed; others, like gas stoves, can be adjusted to decrease the amount of emissions. In many cases, source control is also a more cost-efficient approach to protecting indoor air quality than increasing ventilation because increasing ventilation can increase energy costs.

Ventilation Improvements

Another approach to lowering the concentrations of indoor air pollutants in your home is to increase the amount of outdoor air coming indoors. Most home heating and cooling systems, including forced air heating systems, do not mechanically bring fresh air into the house. Opening windows and doors, operating window or attic fans, when the weather permits, or running a window air conditioner with the vent control open increases the outdoor ventilation rate. Local bathroom or kitchen fans that exhaust outdoors remove contaminants directly from the room where the fan is located and also increase the outdoor air ventilation rate.

It is particularly important to take as many of these steps as possible while you are involved in short-term activities that can generate high levels of pollutants - for example, painting, paint stripping, heating with kerosene heaters, cooking, or engaging in maintenance and hobby activities such as welding, soldering, or sanding. You might also choose to do some of these activities outdoors, if you can and if weather permits.

Air Cleaners

There are many types and sizes of air cleaners on the market, ranging from relatively inexpensive table-top models to sophisticated and expensive whole-house systems. Some air cleaners are highly effective at particle removal, while others, including most table-top models, are much less so. Air cleaners are generally not designed to remove gaseous pollutants.

The effectiveness of an air cleaner depends on how well it collects pollutants from indoor air (expressed as a percentage efficiency rate) and how much air it draws through the cleaning or filtering element (expressed in cubic feet per minute). A very efficient collector with a low air-circulation rate will not be effective, nor will a cleaner with a high air-circulation rate but a less efficient collector. The long-term performance of any air cleaner depends on maintaining it according to the manufacturer's directions.

Another important factor in determining the effectiveness of an air cleaner is the strength of the pollutant source. Table-top air cleaners, in particular, may not remove satisfactory amounts of pollutants from strong nearby sources. People with a sensitivity to particular sources may find that air cleaners are helpful only in conjunction with concerted efforts to remove the source.

Over the past few years, there has been some publicity suggesting that houseplants have been shown to reduce levels of some chemicals in laboratory experiments. There is currently no evidence, however, that a reasonable number of houseplants remove significant quantities of pollutants in homes and offices. Indoor houseplants should not be over-watered because overly damp soil may promote the growth of microorganisms which can affect allergic individuals.

At present, EPA does not recommend using air cleaners to reduce levels of radon and its decay products. The effectiveness of these devices is uncertain because they only partially remove the radon decay products and do not diminish the amount of radon entering the home. EPA plans to do additional research on whether air cleaners are, or could become, a reliable means of reducing the health risk from radon.

¹https://www.health.ny.gov/environmental/emergency/chemical_terrorism/ammonia_general.htm

For more information contact us at www.qualitymaintenance.com

What Green Products do You Need for Cleaning?

Now that you understand why it is important to use green cleaning products, the question has been asked "What products do I actually need to get a sparkling clean?" Below, you'll find a list of products that are important to use in cleaning your home.

ALL PURPOSE CLEANER

A green all-purpose cleaner can be used to remove grease, oil, and other heavy types of soiling from appliances, counters, tables, shelves, floors, doors, walls, and all other hard surfaces. This type of all-purpose cleaner can be used on concrete, marble, granite, vinyl floor coverings, terrazzo, quarry tiles, plastics, ceramics, rubber, glass, enamel formica, stainless steel, painted, varnished and other hard surfaces.

It is important to make sure this type of cleaner has the highest biodegradability rate possible and that it exceeds the aquatic acute toxicity standards. We recommend Eco-Concepts Green Clean All Purpose Cleaner.



BATHROOM CLEANER

To keep a bathroom sparkling clean, it is advisable to use a green cleaner that can successfully remove mold, mildew, soap scum and hard water deposits from concrete, vinyl floor coverings, terrazzo, quarry tile, plastic, ceramics, rubber, glass, enamel, formica, stainless steel, painted, varnished and other hard surfaces.

A green bathroom product should have the highest biodegradability rate possible as well as exceed the aquatic acute toxicity standards. There should be no VOC content or added fragrance so that it is hypoallergenic and non-toxic and no harsh fumes are released when sprayed.

Our recommendation is Eco-Concepts Green Clean Bathroom Cleaner

GLASS CLEANER

Windows can be easily cared for through the regular use of a green glass cleaner. A green product that is vinegar enhanced rather than harsh ammonia is best for glass cleaning. This type of cleaner can also be used to remove grease and other oils from traditional household appliances and other non-porous surfaces such as glass, mirrors, stainless steel,

A safer, vinegar enhanced, ammonia free, and versatile cleaner for the removal of grease and other soils from traditional household appliances and most non-porous surfaces, such as: glass, mirrors, stainless steel, porcelain, chrome, cabinetry, etc.

This type of glass cleaner gets its cleaning power from ethanol and vinegar with no added fragrance and is safer for the environment, with the highest biodegradability rate possible. Our recommendation is Eco Concepts Green Clean Glass Cleaner.

For more information about Eco Concepts products, you can contact us at faye@qmidurango.com. Or call us at (970) 385-7676. We will be happy to talk with you about the best products for your home.