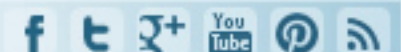




join mailing list



green earth group

events

magazine

shop

get involved

become a member

positive. empowering. informative.

green earth blog

Cleaning Mistakes to Avoid that Harm Environment

28 MAR 2013 | Written by Murray McDonald | share



When most people think of giving something a “deep clean” many think of chemicals, disinfectants and lots of hot water. However, doing the exact opposite of this and replacing your key cleaning processes with environmentally friendly techniques is not only better for the environment, but is actually far more effective and efficient.



Sectors such as health care and aged care need to have the highest standards of infection control procedures implemented into their daily cleaning routines. Many of these facilities are now aware that traditional methods of sterilisation including excess chemicals such as chlorine are not leaders in contamination prevention.

The methods that are sustainable and also top infection control methods are not new, and have been around for decades. It has only been through education and greater awareness through research and advocates that we are now starting to see these green friendly methods become mainstream.

Stop Overusing chemicals and deodorisers

Common carpet cleaning methods use large amounts of chemicals and water as contract cleaners or DIY methods consist of pressure washers or chemically based stain removers.

An overuse of chemicals is not only harmful to our environment due to chemicals ultimately getting washed down our drains, but it can also lead to unnecessary irritations and allergic reactions.

However, it's common for many people to assume that a “chemical” smell means something has then been sanitised. The number one rule to remember when it comes to stale odours and smells is that “no smell is a clean smell”.

A fragrance or perfume merely masks bad smells, and does not solve the original problem. When smells are masked, the source of the problem still remains and bacteria continues to grow leading to the flow on effect of various hygiene issues.

Upgrade your processes

When it comes to cleaning, the old mop and bucket is still one of the top cleaning methods being used. However, the mop and bucket process is outdated and highly ineffective.

The mop doesn't actually “clean” but merely “wipes”. This causes the grime and dirt that was thought to have been eliminated to be transferred to corners and hard to reach areas making it an ideal breeding ground for bacteria.

The amount of water that is used during the mop and bucket clean up can be up to 53,000 Litres per month for a medium to large sized facility. It is possible for all homes and businesses to reduce their water usage by up to 70 per cent by looking at their methods and replacing most of their heavy water methods with alternatives.

What are the alternatives?

High temperature, dry steam at +150 degrees Celcius provides a deep clean for all surfaces and kills all bacteria and disease. Extensive data and research shows that steam is the leading method for cleaning and sanitising, and is the cleaning method that poses no risk to the environment.

Research conducted by infection control expert Elizabeth Gillespie (*AM J Infect Control, Vol 40, June 2012*) shows a comparison between using a mop and bucket or steam cleaner, and its use of detergent, water, time and effectiveness. This research was conducted in a medical ward over the period of a month.

The results showed that steam cleaning required zero detergent, 137 litres of water and had a 93% success rate for effectiveness, whereas the mop and bucket required 9 Litres of detergent, 1422 litres of water and had a 65% effectiveness rate.

Dry steam can be created via steam machines and/or tools and attachments for specific machines. Many steam machines come in all sizes, for domestic, commercial or industrial purposes. The quality of a steam machine lies in its ability to reach a high temperature, and have the right tools and accessories to fit your cleaning needs.

Microfibre cloths are also known for its environmentally friendly cleaning capabilities. Microfibre (also spelt microfibre) is a man made synthetic textile fibre usually made of very fine nylon or polyester fibre strands. The microfibre cloths sustainable elements lie in the fact that it doesn't require chemicals because it is highly absorbent, picking up grime, fats, oils and dirt on its own, for both wet and dry cleaning applications. The microfibre's durability allows it to be washed hundreds of times without fraying or losing its cleaning abilities.



Murray McDonald is Director of Duplex Cleaning Machines and has over 20 years experience in the distribution of green cleaning machines and products in the Asia-Pacific region. Murray writes articles for various industry publications on how to implement a green cleaning process as well as provides free online e-learning courses to customers on green cleaning methods. Visit www.duplexcleaning.com.au. For more information on green e-learning courses visit www.onlinelearningcourse.info

search this site search

recent posts

- [Cleaning Mistakes to Avoid that Harm Environment](#)
- [Autumn Gardening for Kids](#)
- [Reduce Energy Consumption by Driving Green](#)
- [Looking after the Sea beyond Sea Week](#)
- [Ground Water Awareness Week](#)

posts by topic

- [aquifers](#)
- [bake sale](#)
- [brisbane](#)
- [environment](#)
- [events](#)
- [green bags](#)
- [green earth day](#)
- [green earth festival](#)
- [green earth magazine](#)
- [kids](#)
- [letter writing](#)
- [members](#)
- [no dig](#)
- [plastic](#)
- [renata](#)
- [shopping](#)
- [volunteers](#)
- [waste](#)
- [water](#)
- [worldwide vegan bake sale](#)

blog archive | rss feed

▼ 2013 (16)

▼ March (7)

- [Cleaning Mistakes to Avoid that Harm Environment](#)
- [Looking after the Sea beyond Sea Week](#)
- [Ground Water Awareness Week](#)
- [Reduce Energy Consumption by Driving Green](#)
- [Autumn Gardening for Kids](#)
- [Power Consumption: Changing Times in Australia](#)
- [Be Inspired: Paul Hawken's Commencement Address](#)
- February (4)
- January (5)
- 2012 (16)
- 2011 (4)

twitter feed | greenearthgrp

- 27 Mar 2013
Global warming and airflow changes 'caused US and EU heatwaves'
<http://t.co/GPzuvfUFPk>
- 27 Mar 2013
Reduce power consumption with an energy efficient car <http://t.co/uIFYtt7W3c>
- 26 Mar 2013
What Coke Contains
<http://t.co/Fbx3RVHYMb>
- 25 Mar 2013
What did you do to celebrate Earth Hour? Most of the GEG crew shared a candlelit vegan potluck dinner.
<http://t.co/Sra4Titvyd>
- 25 Mar 2013
5 reasons not to drink bottled water
[#plastic](http://t.co/9ZqWJ3sCU)