

CONTAMINATION MAGNETS

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Think of public restroom facilities and you immediately think germs! However, major bacteria levels are also found **outside** of the restrooms. Following are some of the areas with the highest contamination.

- ✓ **Door handles** - Not necessarily exclusive to restrooms, door handles harbor bacteria since they are constantly being touched. As a result, a popular way to avoid contamination is by placing hand sanitizer at the exterior of the restroom, minimizing germs.
- ✓ **Faucet, urinal, and toilet handles** - Constant use increases bacteria exposure, which can be minimized by the increased use of touch-free units.
- ✓ **Partition handles** - Frequent touching harbors and spreads germs.
- ✓ **Soap, paper towels, and toilet paper dispenser controls** - There is an ever-increasing number of touch-free dispensers available for soap and roll-towels. Toilet paper contamination is reduced by utilizing dispensers that cover and contain the rolls of toilet paper, minimizing exposure to the surrounding environment.
- ✓ **Floor areas immediately surrounding toilets and urinals** - Frequent cleaning is the only way to eliminate this!
- ✓ **Desks, phones, and keyboards** - Sanitizing these areas is the best way to eliminate bacteria.

Concerned? Well, the good news is that there are some great cleaning alternatives, which can provide healthy and sanitary results to reduce bacteria levels! Two studies provide additional insight:

In March of this year, the University of Alberta published the results of a study using wipes to surface clean in restrooms. They found that one swipe from a surface cleaning wipe containing disinfectants proved to be the most effective method of reducing bacteria on a counter or surface. Interestingly enough, the study was also conducted using a simple saline solution on contaminated surfaces and the results were almost as good! The common factor between both scenarios was the **mechanical removal of the bacteria using a swipe**. Additionally, the research results demonstrated that bacterial counts dropped significantly the more often the surface was wiped. Three swipes resulted in a decrease in bacterial load by 88% on average, compared to just one swipe.

University of Arizona researchers found that the area where you rest your hand on your office desk has 10,000,000 bacteria. Seven thousand samples

were collected by the research team, in private offices, cubicles, and common workstations in New York, San Francisco, Tampa, and Tucson. They also used a wipe with disinfectant on comparable surfaces and found a 99.9% reduction in bacteria, which continued two days after having been wiped.

Based on this information, we can conclude that germs and bacteria are omnipresent, but an efficient cleaning system can reduce and minimize the presence and spread. To do so, ensure a disinfectant or sanitizer is used on the proper area to kill bacteria. Secondly, ensure the dead bacteria are then removed with microfiber wipes, if on counters and work areas; microfiber mops (flat or string) on floors.

Have you checked what wipes or cloths are used in your facility? Hydrogen peroxide cleaners are effective in removing bacteria and used in medical facilities throughout. SparkleTeam uses both microfiber wipes and mops and hydrogen peroxide cleaners. What is your cleaning company using?

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