

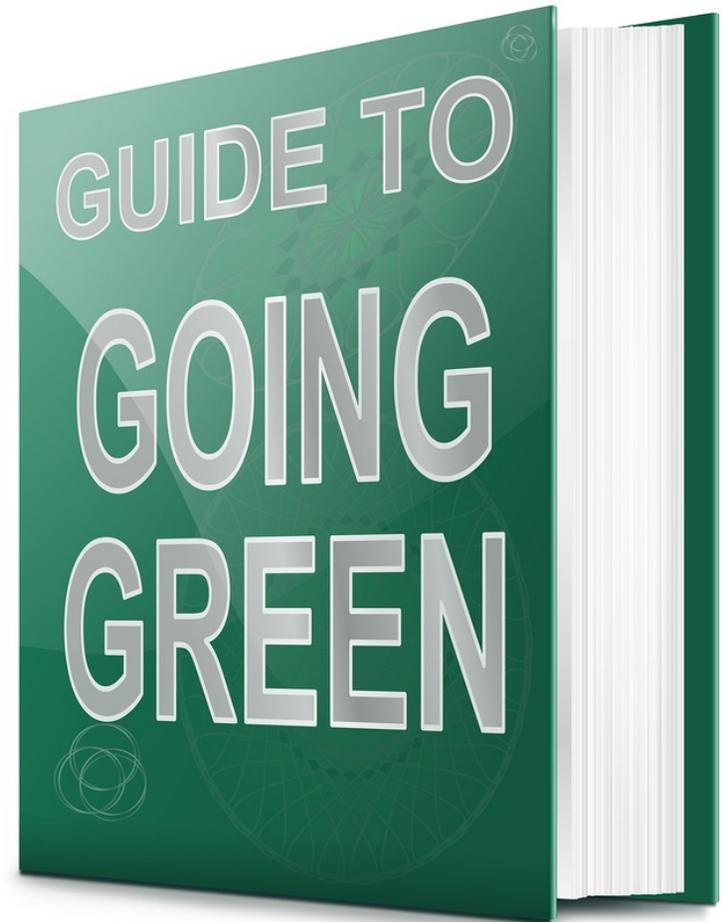


# ***Green Cleaning***

***The What, Why, Who, and How***



This eBook is brought to you by:



*A Green Cleaning Certified Company by the International Janitorial Cleaning Services Association (IJCSA).*

## We believe

- Reducing stress and headaches for our clients will increase their productivity and in turn, our success
- A cleaner home and work environment will improve health and morale for both us and our clients.
- If we help enough people get what they want, we'll get what we want.
- We're a customer service company that also just happens to be a professional cleaning business serving SW Florida since 1981.

# Green Cleaning: The What, Why, Who, and How

## Introduction:

Being "green" is all the rage, but what does it really mean? To some, it means being flush with cash; but to most, it means conserving resources, utilizing natural remedies versus chemicals, and repurposing things that would ordinarily be considered trash. All of these ideas can be applied to many (if not all) aspects of our lives. The focus of this ebook is to provide a fundamental understanding of applying these principles to spaces we occupy every day. We hope that some of the ideas and applications help you to have a cleaner, greener life.



## The What:

So, exactly what is "[green cleaning](#)"? According to IJCSA (the International Janitorial Cleaning Services Association), green cleaning can be described in two ways. The first way is in utilizing cleaning methods that employ environmentally-friendly ingredients and chemicals in order to preserve human health and our environment. So if the products used are not harmful to people or the environment, then the janitorial service is employing green cleaning methods.

The second description of green cleaning is in the way residential and industrial cleaning products are manufactured, packaged and distributed. So, if the manufacturing is environmentally friendly and the products are biodegradable, the term "green cleaning" or even "Eco-friendly" may apply.

## The Why:

So, why would anyone want to use green cleaning methods or products? Three main reasons for employing green cleaning methods and products are:

1. The protection and preservation of our environment
2. Maintains good physical human health
3. Improves economic and productivity aspects of your business.

## Green Cleaning: The What, Why, Who, and How

Even if you're not a tree-hugger, protecting our environment and conserving our resources have an impact on our lives and future generations. Limiting the number of harsh chemicals used for cleaning homes and businesses will preserve our environment. Green products produce little or no ill effects on our environment during or after their use. As a result, these products conserve our environmental resources and allow our future generations to enjoy our precious resources such as clean water and fresh air.

Green products protect our human health in many ways. Some of the common chemicals found in everyday products and some of their harmful side effects to us include the following:

- **Chlorine bleach:** irritant to eyes, lungs; contaminates our waterways
- **Ammonia:** poisonous when swallowed; irritates respiratory passages when inhaled; can burn our skin on contact
- **Isopropyl Alcohol:** (in glass cleaners) irritates the skin, eyes, nose and throat
- **Butoxyethanol:** (in all-purpose cleaners) causes headaches, dizziness, lightheadedness, and confusion in addition to irritating eyes, nose, throat and mouth
- **Sodium hypochlorite/chlorine:** (in many bathroom cleaners) may cause eye damage, coughing or shortness of breath.

Finally, the use of green products and green cleaning methods can benefit your business economically. In keeping your facility (office, warehouse, restaurant, etc.) free of toxic chemicals, you are providing a healthier work environment free of toxins which can increase productivity and reduce your liability for health claims. As a result, your staff can breathe easier and have a much better outlook on their work and the job they perform every day.

### The Who:

Well, not the British rock group, but rather who can actually provide green cleaning? The IJCSA (International Janitorial Cleaning Association) certifies companies that have completed a rigorous training program and provides a directory of those certified companies.

It is recommended that businesses looking to employ green cleaning janitorial services [consult this website](#) to learn about green cleaning certification requirements and to find a green cleaning service in your area.



## Green Cleaning: The What, Why, Who, and How



### How Can I Clean Green?

If you'd like to do your part and protect the environment, maintain good health, and maybe even increase productivity in the workplace, the question becomes - *how do you do it?*

To get a head start on the green cleaning janitorial team, you can replace some of the cleaning products in your office ([and home](#)) with some of the following green products and their uses:

- **Window/Glass Cleaner Recipe:** Mix a half-cup of vinegar with one gallon of water. Pour into a spray bottle, spray on glass or Windows and wipe clean.
- **White Vinegar:** cuts grease, removes mildew, odors, some stains and wax buildup
- **Borax:** cleans, deodorizes, disinfects, softens water, and cleans walls, floors, and wallpaper
- **Cornstarch:** cleans Windows, polishes furniture and shampoos carpets and rugs

### The Final Word:

- \*Green.
- \*Go green.
- \*Stay green.
- \*Clean green.

The world we live in and our health will be better for it.