

Spring Cleaning: A Brief History

Spring cleaning is a tradition that goes back centuries and crosses most cultures! It is also a great opportunity to make your home healthier.



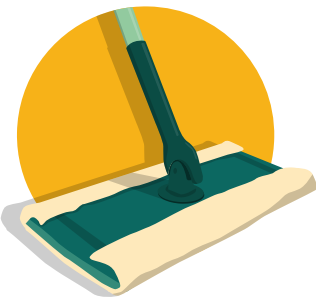
Jumpstart your spring cleaning with these tools!



HEPA vacuum



Clean microfiber cloths



Microfibre or electrostatic cloths



Unfragranced, non-chemical cleaning products where possible

Here's How to Upgrade the Basics of a Spring Clean!



Declutter and tidy up - donate or throw away anything you haven't used in the last year.



Dust: Use a microfibre or electrostatic cloth and don't forget the tops of doorframes, windows and ceiling fans!



Vacuum every room: Go slowly and add some diagonal strokes.



Clean the kitchen and bathroom thoroughly - Clean Up! Switch to unfragranced and non-chemical cleaning products.



Clean windows and doors - buildup of dust and grime around doors and windows can cause condensation to accelerate mold growth.

Pro Tip: Are your clothes taking longer to dry? Take a look at the wall outside your house where your dryer discharges, if it's covered with lint it might be time to call a professional to clean the dryer vent.



Beyond the Basics: Uncommon Deep Cleaning Tips

If you want to try going a little further with your Spring Clean this year, why not try these deep cleaning tips:



Clean your vacuum cleaner after you vacuum! Wash the filter, replace the old bag with a new one, change HEPA filter, or even, treat yourself to a new vacuum.



Clean underneath the sinks and discard old chemical products (responsibly) to avoid them offgassing into your indoor air, especially if containers are degraded.



Check underneath the sinks for moisture issues, mold or leaks while you're down there!



Change clothes as needed to avoid spreading dust.



Clean your dishwasher. Check the cutlery baskets, water drain, and the rubber gaskets.



Move all furniture when you vacuum to ensure you clean those hidden places that gather dust.



Degrease range hood with soap - remove and clean or replace filter.



Clean behind all appliances that you can move safely.



Clean shower head - maybe with vinegar, or something stronger if necessary (ventilate if so!).



Declutter the inside of your closet to prevent mold growth.



Clean inside and behind fridge and freezer, including the rubber seals. They should be clean, dry, and damage free.



Change air filters in your home - air purifiers, heating and cooling vents, ventilation fans, HRV filters.



Freeze children's stuffies in a bag, then remove and put in the dryer on low or no heat to remove dust mites.

Chemical-Free Cleaning Alternatives

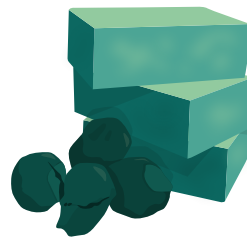
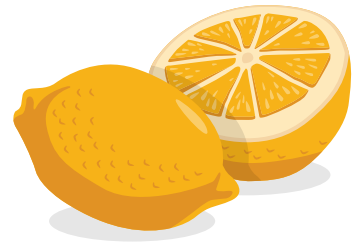
Bicarbonate of Soda -

bicarb is a gentle abrasive and natural deodoriser for those smelly fridges!



Vinegar - this miracle liquid is incredible at lifting stains, cleaning windows, and de-gunking your dishwasher. Don't use it on irons, hardwood floors, or on granite or marble.

Lemons - lemon juice acts as an excellent natural de-greaser.



Plain old unfragranced soap - castile or soap nuts based is best. Avoid soaps with parabens, SLS or fragrances.

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