

# Cleaning Your Home May Be Dangerous to Your Health!

Today, most homes and janitorial companies use cleaners that contain added synthetic poisonous chemicals. These mass-produced and low-cost cleaners can look like they are cleaning better. However, many of these synthetics are derived from crude petroleum oil. Think of the stuff you put in your car before it has been refined. There's a reason it is called "crude." More importantly, these chemicals are very dangerous to your health.

Next, take a look in your home or office cleaning cabinet. How many common cleaners do you see? How many chemicals

do does the janitorial company use everyday? How many chemicals do you use? The cleaners are in small bottles and look safe. But, they can ooze invisible and odorless toxic gases. This process is also known as "out-gassing" and when toxic gases from one cleaner mixes with gases from another, the effects can be exponentially more dangerous.

We want to warn you of these chemicals and their effects on your health. Below, we've listed chemicals found in most common cleaning products.

<b>Cleaning Product</b>	<b>Their dangers and how you can minimize them</b>
Chlorine and chlorine bleach	First of all, never mix chlorine bleach with other chemicals. The reactions can be unpredictable and dangerous. Next, contact with bleach can cause irritations and burns to your eyes and skin. Be sure to wear adequate protection. Also, work in a well ventilated area as fumes can irritate both eyes and breathing passages. Make sure the chlorine is stored and cannot accidentally spill as it will literally "bleach" and potentially ruin most surfaces.
Carpet and upholstery cleaners	If you must use these products, please make sure that you inhale as little as possible by using in a well ventilated area. Also, make sure you wear gloves. Excessive or over-exposure to these products may cause the following symptoms – <ul style="list-style-type: none"> <li>• liver damage</li> <li>• convulsions</li> <li>• coma</li> <li>• anemia</li> <li>• death</li> </ul>

<p>Aerosol products such as oven cleaners, all purpose cleaners, carpet cleaners and other household cleaners</p>	<p>First of all, please do not expose these pressurized products to heat. Contents can explode causing burns as well as potentially releasing toxins into the air and surfaces.</p> <p>Next, if you must use these aerosol sprayed products, please make sure that you inhale as little as possible by wearing appropriate masks or use in a well ventilated location. Excessive or over-exposure to these products may cause the following symptoms –</p> <ul style="list-style-type: none"> <li>• headaches</li> <li>• shortness of breath</li> <li>• eye, throat and lung irritation</li> <li>• burns and liver damage</li> <li>• nausea</li> <li>• skin rashes</li> </ul>
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Next, here are a few simple things you can do to help reduce polluted indoor air and minimize exposure –

- If you have to store these cleaners, do so carefully, away from foods and out of easy reach of children. Be sure they are properly sealed and cannot easily come in contact with your person, clothes, food, eating utensils, plates/dishes or any item involved in food preparation.
- Please use non-toxic alternatives when available.
- Please dispose of these products carefully. They are poisonous.
- Always make sure you read and then follow the manufacturer

instructions for product use. Be prepared for accidental exposure or poisoning.

- Minimize exposure by wearing gloves, eye protection and masks while using the products. Please make sure the area is well ventilated.

We want to offer you a unique and healthy alternative. Please contact CleanStart Janitorial Service, Inc. today. You, your family and your staff can start enjoying a more-toxic free and healthier environment tomorrow.

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