SAFE CLEANING CHEAT SHEET – CARE FOR HARD SURFACES

SAFETY FIRST! Always read and follow the label on any product you use. More safety info:

- Avoid contact with eyes. In case of eye contact, flush with water.
- Keep products out of children's reach during use and storage.
- Read and follow instructions on all products before using.

- Keep products in their original, labeled containers.
- Do not combine hard surface cleaners with other products.
- Keep your local Poison Control Centre number handy. Find yours here: http://www.capcc.ca/

General Cleaning Guide: As a supplement to the following advice, still remember:

- read and follow the label of the specific product you're using
- make sure there's sufficient ventilation while you use any cleaning product

- clean high-touch surfaces frequently, such as door knobs and light switches
- do not combine cleaning products/mixtures

Where to find the germs	Type of surface	Product to use/Cleaning care
Kitchen	Countertops Sinks	Use a non-abrasive all-purpose cleaner on a sponge or cloth. Rinse with a cloth or sponge damp with water. Dry with a clean, soft cloth. Some kitchen waxes and protect surfaces as they are applied. Wipe up spills immediately. Use specialized product if the surface is marble.
	Tables Appliance exteriors	Use a non-abrasive all-purpose cleaner on a sponge or cloth. Rinse with a cloth or sponge damp with water. Dry with a clean, soft cloth.
Bathroom	Bathtubs Showers Shower doors Sinks Toilets	Use a non-abrasive all-purpose cleaner or a paste of baking soda and water. If surface is heavily soiled, let product sit for 30 seconds. Rub the surface gently, rinse thoroughly, and dry off with a clean towel. Wipe down with a towel after each use to reduce soap scum and residue. Keep shower doors ajar when not in use to reduce mildew growth.
	Mirrors/glass	Use a glass cleaner. Rise with a clean, damp cloth and dry with a clean cloth or paper towel.
	Faucets	For brass faucets: wipe down if splashed with water to avoid water deposits. Other faucets: Clean with a damp sponge using a tub/tile/sink cleaner; abrasive or non-abrasive, all-purpose cleaner.
Living Room	Decorative objects	Dust regularly with a clean, soft cloth. Use a cleaner formulated for acrylic; avoid anything that may scratch it. For copper or brass: rise with warm water and use a speciality metal cleaner.
	Furniture	For leather: use foam, paste, or soap designed for leather care. For rigid surfaces (metal, plastic): Use a non-abrasive all-purpose cleaner on a sponge or cloth. Rinse with a cloth or sponge damp with water. Dry with a clean, soft cloth. For wood: see below.

| General
More info can be found at [healthycleaning 101.org/care-for-hard-surfaces](healthycleaning101.org/care-for-hard-surfaces) | Floors
Walls
Cabinets
Ceilings | Use a non-abrasive, all-purpose cleaner (diluted or full strength); tub/tile/sink cleaner; or liquid cleanser. Rinse thoroughly with clean water and buff tiles with a dry cloth to prevent water spots. Wallpaper: test washability in inconspicuous area; use all-purpose cleaner. Use specialized cleaner for non-washable wallpaper. Three categories of floor cleaning products are also available; some that clean, clean and add shine, or just add shine. |
| | Blinds
Woodwork | Dust when needed using a soft brush or the brush attachment of a vacuum. Use a specialized cleaner and conditioner to clean and protect the finish. |

Ingredients:
Here are some examples of ingredients that are commonly found in surface cleaners:

- **Cleaning Agents/Surfactants**: Lift dirt and soil and help remove germs from surfaces
- **Buffering agents**: Stabilize the various ingredients in the formulas
- **Fragrances**: Give consumers a choice of pleasing scents
- **Disinfecting and Sanitizing Active Ingredients**: Kill bacteria, viruses and/or fungi that cause odors, mold and/or illness. Some of the more frequently used active ingredients are:
  - Sodium hypochlorite
  - Ethanol
  - Pine oil
  - Hydrogen peroxide
  - Citric acid
  - Quats (quaternary ammonium compounds)

Still have questions?

Q: How do I know which product is best for my surface?
A: The best course of action is to read the product label carefully and purchase and use products as intended. Also, use common sense when considering the type of surface on which you'll use the product — for example, you wouldn't use spray products on electronics, as they could cause damage to them.

Q: When a surface looks clean, does that mean it is probably germ-free, too?
A: No. The tricky thing about germs is that you can't see them. It's a good idea to clean surfaces regularly, even if they aren't visibly dirty.

Q: Are cleaning products safe?
A: A commitment to safety is a top priority for cleaning product companies. Companies evaluate the safety of existing cleaning extensively. Safety also lies in the hands of the consumer: problems generally arise when they are improperly handled, used or stored. Always read the product label, use cleaning products only as directed and store products properly and securely.

Q: What's the difference in the words warning, caution, and danger on the product label?
A: CAUTION or **WARNING** are the common "signal words" for cleaning products. These two terms mean that the product is not likely to produce permanent damage as a result of exposure. However, appropriate first aid should always be given in case of exposure. As always, read the label for first aid info.
DANGER indicates that accidental exposure to the undiluted product could produce more serious permanent tissue damage, or that the material could ignite if exposed to an open flame, heat or spark. **Always read the product label** before using, and **use the product only as intended**.

Q: Where can I find out more about surface cleaning, disinfectants and sanitizers?
A: To learn about disinfectants and sanitizers, visit HealthyCleaning101's website, or the Canadian Consumer Specialty Products Association. To learn more about surface cleaning, visit the Health Canada website.

HealthyCleaning101