

Maintaining Healthy and Hygienic Indoor Environments



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Abstract

Maintaining healthy and hygienic indoor environments is essential for promoting well-being and preventing health issues related to poor air quality and contamination. This guide explores the sources of indoor pollutants such as dust allergens and microbial agents and explains their effects on respiratory health and overall comfort. Readers will learn effective strategies and best practices for managing dust and allergens using the right tools and techniques. The guide also emphasizes the importance of regular maintenance schedules sustainable practices and common pitfalls to avoid. Whether in offices schools or other indoor spaces this resource provides practical insights for creating safer cleaner and healthier environments.

Getting Started

Creating and sustaining a healthy indoor environment begins with understanding the invisible particles and contaminants that accumulate over time. Dust allergens and various pollutants can have significant impacts on health if left unmanaged. To effectively address these challenges, it is important to use appropriate cleaning tools and adopt proven techniques that capture and remove these particles efficiently. This guide will walk you through the essential steps to control indoor pollutants improve air quality and maintain hygienic conditions. By following the recommended practices, you can foster indoor spaces that support health comfort and productivity for all occupants.

Understanding Indoor Pollutants and Their Impact on Health



Key points

- Many of us spend a lot of time inside our homes, so indoor air quality is important.
- The air inside our homes can be affected by various pollutants, including dust, mould spores, smoke and combustion products, and volatile organic compounds (VOCs).

- At high enough levels, air pollutants can cause or exacerbate various health problems. Indoor air quality is of particular concern if you have asthma or other conditions that affect your breathing.
- You can take steps when designing, renovating or maintaining your home to ensure good air quality.

These include:

- designing for good ventilation
- minimising soft floor coverings and furnishings that cannot be easily cleaned
- ensuring kitchen and bathrooms vent to the outdoors
- minimising the use of products with VOCs
- keeping surfaces and furnishings clean.

Understanding indoor air quality

Most of us spend a large percentage of our lives indoors, so it is worth thinking about air quality in our homes. Poor indoor air quality may produce a range of health effects, from mild and generally non-specific symptoms such as headaches, tiredness or lethargy to more severe effects such as sensitisation to allergens and aggravation of asthma and allergic responses. Poor indoor air quality in your home may exacerbate pre-existing conditions or cause new health issues.

Whether a source of air pollutants causes an indoor air quality problem or not depends on:

- the type of air pollutant
- the amount and rate at which it is released from its source
- the degree of ventilation available in the home to remove it from indoors
- the leakiness of your home, if the pollution source is outside
- the sensitivity of the person and any pre-existing conditions.

Some groups of people in the community are more vulnerable to pollutants than others, or are likely to spend more time indoors than the general population. These people include:

- the very young
- the very old
- those with pre-existing respiratory or cardiovascular disease
- those who are sensitised to specific substances.

Generally, the greater the amount of pollutant (exposure), the greater the health impact. The duration of exposure is also important – if low-level exposure occurs over a long period of time (perhaps many years) the total dose may be large.

What you do in the home can make a significant difference to the health of the indoor environment. For example, smoking, and poor cleaning procedures can add to air pollutants.

Indoor air pollutants



There are many different types of indoor airborne pollutants. Some types of pollutants and allergens are more common than others, and some are more hazardous than others. The following section describes various air pollutants that may be found in the home, from more to less common.

Dander and dust mites

Pet dander and dust mites can aggravate hay fever, asthma, nasal inflammation and eczema. Dander and dust mites are generally present in soft furnishings, including carpet, bedding and furniture.

To reduce the amount of dander and dust mites in your home, install hard flooring or vacuum often with a high-quality vacuum cleaner. Wash bedding and other soft furnishings frequently and replace pillows and cushions regularly.

Mould

Mould produces tiny particles called spores that become airborne. When inhaled by people who are sensitive or allergic to them, they can cause irritation of the nose, eyes and skin, aggravate asthma and other respiratory diseases, and occasionally cause more severe health issues. Mould can grow indoors in damp areas, including bathrooms, damp rooms, windowsills, indoor plants and poorly ventilated areas. Strategies to prevent mould include:

- install insulation and building membranes correctly to reduce condensation risk
- install the correct waterproofing to bathrooms and wet areas

- fix rising damp in existing buildings and improve subfloor ventilation
- fix sources of moisture such as leaks in plumbing or roofing
- reduce humidity inside the home by venting sources of moisture to the outside (for example, use exhaust fans in kitchens and bathrooms)
- remove condensation and mould as soon as possible.

Smoke and combustion products

Combustion products include smoke (small soot particles), ash and gases (including nitrogen dioxide and carbon monoxide) that can get inside your home from fireplaces and heaters burning wood, coal, gas or kerosene, gas cooking appliances, fumes from cooking (especially frying), tobacco smoking, bushfires, exhaust from cars in adjoining garages, and hobbies such as welding and soldering.

Combustion particles are so small they behave almost like a gas — they can enter or leave a home very easily. When you breathe them in, they travel into the deepest parts of the lungs. They can cause eye, nose and throat irritation; aggravation of asthma; chronic respiratory disease; and lung cancer.

To maintain good air quality when you have combustion sources inside the home:

- ensure plenty of fresh outdoor air is coming into the room
- vent pollutants to the outdoors (via a flue, chimney, exhaust fan or range hood)
- keep flues and chimneys clean, and make sure any permanent ventilation openings are not blocked
- service heating or cooking appliances regularly to ensure they are working properly and are not leaking gases into your home, and never use an appliance if it is damaged or not working properly
- always follow the appliance manufacturer's instructions — seek advice from the manufacturer, supplier or your gasfitter or plumber if you have any concerns
- ensure doors connecting garages to the house are tightly sealed and minimise running time for vehicle engines in garages connected to the home
- do not use barbeques or camp stoves indoors and do not use a gas oven or gas cooker to heat a room
- avoid smoking inside or near the home – smoking on balconies and terraces may reduce but will not eliminate environmental tobacco smoke in the home
- ensure your home is designed to allow controllable ventilation and can be well sealed when required, to avoid pollutants from outdoor combustion sources (for example, bushfires) entering the home.

Volatile organic compounds



Volatile organic compounds (VOCs) are chemicals containing carbon that evaporate into the atmosphere at room temperature. Formaldehyde is one of the most common VOCs. VOCs often have an odour and are present in a wide range of household products, construction materials, and new furnishings. Household products that contain VOCs include paints, varnishes, adhesives, synthetic fabrics, cleaning agents, scents, and sprays. VOCs can also result from personal activities, such as smoking or vaping.

When used in building products or other indoor items, VOCs slowly make their way to the surface of the material and 'off-gas' into the surrounding air. Most off-gassing occurs when products are new or freshly installed, after which it lessens dramatically over time. Off-gassing increases with higher temperatures.

VOCs can cause eye, nose and throat irritation, and headaches.

There are 2 main strategies to reduce VOC exposure in the home:

- Stop or reduce the use of products that contain VOCs.
 - Look for products certified by Good Environmental Choice Australia, or rated E1 (good) or E0 (best) by the European Emission Standards.
 - Look for building products that are pre-dried in the factory or are 'quick drying'.

- Use surface-coating products that are water based or classed as containing zero or low levels of VOCs.
- Seek advice from the supplier or manufacturer, particularly if the information displayed on the container is not clear — ask for the product’s material safety data sheet (MSDS).
- Check eco-comparison websites; these can help you select building materials and products with low or zero VOC content refer to *References and additional reading* for more information.
- When adding new furnishings or resurfacing walls and floors, ensure rooms are fully ventilated until the odour reduces considerably or disappears. Open doors and windows whenever practicable. Air fresheners, cleaning sprays, polishes, spray deodorants, and other toiletries are major sources of VOCs and should not be used excessively in nonventilated areas.

Lead

Lead is a concern when small particles or fumes are swallowed or inhaled. Absorption of lead is associated with poor childhood intellectual development, and its use in paints and other materials has been banned. Many older building and household products contain lead, but newer products no longer do. The highest risks are found in pre-1970s homes. Items such as old paint, flashing, old plastic pipe and fittings, electrical cabling and glazed pottery can contain variable amounts of lead.

Contact with lead can arise from home renovation activities, particularly when stripping old paint, through some hobbies (for example, lead-lighting, making fish sinkers, or pottery glazing) or encountering contaminated soil.

Take care when renovating. Avoid sanding, abrasive blasting or burning paint containing lead, for example on window frames. Do not burn old painted wood in fireplaces or in barbecues. Refer to the Lead Education and Abatement Design Group (LEAD) website for further information.

Asbestos

Asbestos was used widely in the construction, car, and textile industries because of its strength and ability to resist fire and acid. It is no longer allowed to be used in building products for the home because of the risk of various illnesses including mesothelioma and lung cancer. As a rule, asbestos-containing products are highly likely to be present in a house built before the mid-1980s, likely to be present in a house built between 1985 and 1990, and unlikely to be in a house built after 1990.

Asbestos-containing products were rarely labelled. Products like cement sheets, roofing sheets, some textured paints, vinyl floor tiles, pipe lagging and fire-resistant boards, and blankets used in the home before the mid-1980s may contain asbestos. Asbestos-containing

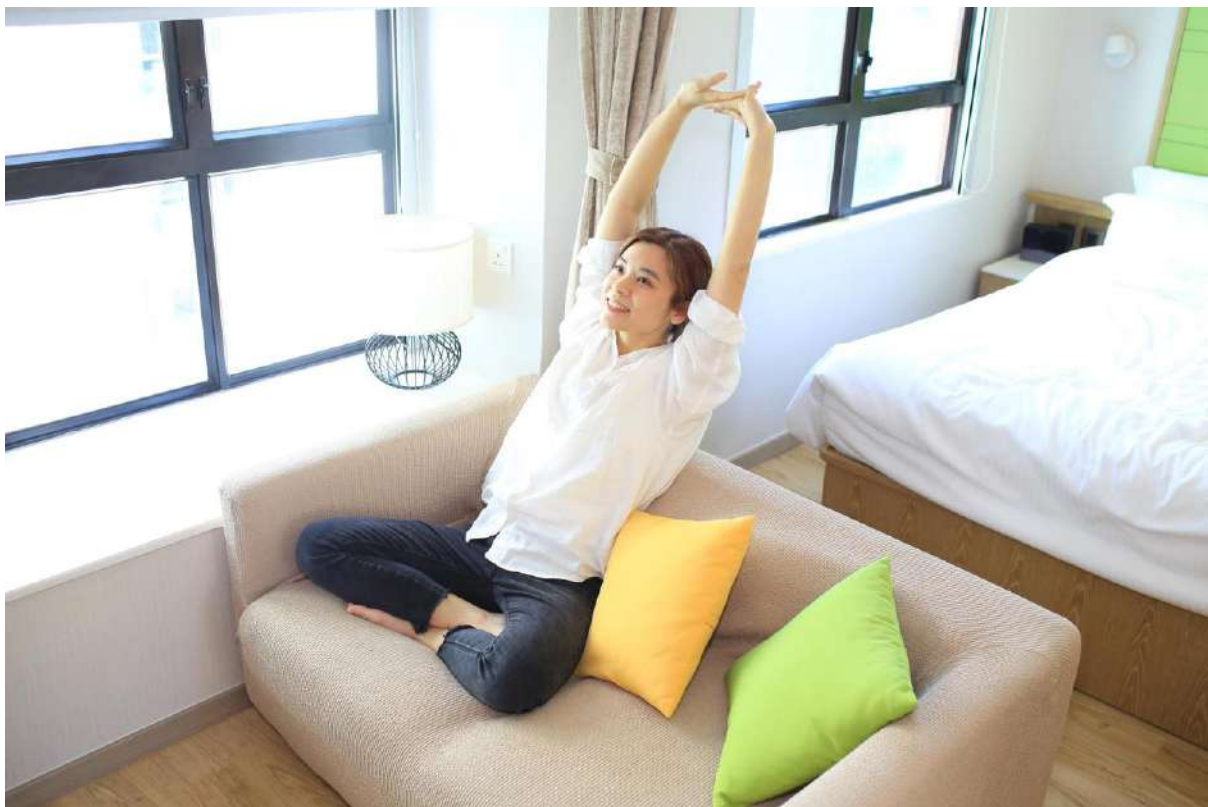
products can be 'friable' (loose and easily crumbled) or 'non-friable' (made with a bonding compound like cement).

Friable asbestos-containing products are less common in homes but may exist in some homes built before 1990. They include pipe lagging and some types of insulation and are dangerous because the fibres can easily become airborne when disturbed.

Non-friable asbestos-containing products include asbestos cement sheeting and vinyl floor tiles. The asbestos particles in non-friable products are tightly bound and so these products are generally not a health risk unless cut, broken or drilled into, in which case they will produce fibres or dust. Asbestos fibres may then be released into the air, inhaled and damage lung tissue.

Always seek professional advice about managing asbestos in your home. Accurate identification can be difficult, and immediate removal is often not the best option.

Airtightness and healthy interiors



In recent years there have been widespread improvements to airtightness and insulation levels in Australian housing. These improvements have resulted in better thermal comfort and energy efficiency, but without an understanding of the correct building principles there can be unintended consequences for indoor air quality. An airtight house with inadequate ventilation may lead to condensation and mould, high internal levels of carbon dioxide, and

increased exposure to other internal pollutants. The build-up of gases, toxins and pollutants resulting from increased airtightness can trigger respiratory health issues.

To combat these problems, provide reliable ventilation (for example, mechanical ventilation with heat recovery) and avoid potential sources of pollution. Pay particular attention to building membranes and insulation, ensuring they are installed correctly for your climate. Refer to Ventilation and air tightness for more information.

Assessing your health

If you are concerned that indoor air quality may be affecting your health, consider the following:

- Do you notice any change in your health before and after a particular change in the home environment?
- Is there any change in your health after activities, like dusting or cleaning?
- Do your health problems occur at the same time each year?
- Do your health problems get better if you and your family are away from home for any extended periods, such as holidays?

The Role of Dust Management in Improving Air Quality



The EPA aims to ensure NSW air quality meets or is better than national ambient air quality standards, through legislation, monitoring, guidelines and strategies.

- Air quality in NSW is generally good by international standards and has been steadily improving.
- Concentrations of carbon monoxide (CO), lead, nitrogen dioxide (NO₂) and sulfur dioxide (SO₂) are all consistently below national air quality standards set in the National Environment Protection (Ambient Air Quality) Measure (Ambient Air Quality NEPM) in most areas.
- Concentrations of ozone (O₃) in urban areas can sometimes be above national standards.
- Particles (PM₁₀ and PM_{2.5}) in both rural and urban areas can sometimes be above national standards. Exceedances of the standards can be caused by exceptional events such as dust storms, bushfires and hazard reduction burns.

Air quality is a key environmental issue for NSW residents, as shown in the State of the Environment Report 2021.

National Air Quality standards are periodically reviewed and updated based on the latest available health evidence. In 2015 Environment Ministers from the Commonwealth and all states and territories agreed to vary the Ambient Air Quality NEPM to tighten PM₁₀ and PM_{2.5} standards.

In 2021 reporting standards for nitrogen dioxide (NO₂), sulfur dioxide (SO₂) and ozone (O₃) were also amended and strengthened.

A further review of the particles (PM₁₀ and PM_{2.5}), O₃, NO₂ and SO₂ standards is scheduled to commence in 2025.

Monitoring Air Pollution

- EPA's NSW State of the Environment 2021: Air Quality provides a comprehensive report on ambient air quality and sources of air emissions.
- The air emissions inventory provides a detailed account of the major natural and human-made sources of air pollution in the NSW greater metropolitan region (GMR). The GMR covers 57,330 km² and includes the greater Sydney, Newcastle and Wollongong regions where about 75% of the NSW population lives.
- The NSW Department of Climate Change, Energy, the Environment and Water (DCCEEW) operate a comprehensive air quality monitoring network. Information is updated hourly online.

EPA Initiative to Improve Air Quality

As part of its role, the EPA works to reduce air emissions from premises it licenses. The load-based licensing (LBL) scheme and pollution reduction programs support industries to reduce

air pollutant emissions, such as oxides of nitrogen, particles, volatile organic compounds, chlorine, dioxins, furans and heavy metals which arise from industrial activities and plant.

Some major EPA initiatives completed or underway include

Update of the POEO Clean Air Regulation 2022 following a comprehensive review based on the latest environment and health research; current technologies, environmental practice and emission standards; and extensive stakeholder consultation.

- The Vapour Recovery at Service Stations program reduces emissions of volatile organic compounds from petrol through vapour recovery controls. Stage 1 vapour recovery controls capture emissions during the refill of gasoline storage tanks. Stage 2 vapour recovery controls focus on capturing vapours at the bowser when vehicles refuel.
- The Summer Low-volatility Petrol program helps manage ozone formation in the greater metropolitan area. Regulatory requirements limit petrol volatility to 62 kilopascals (a measure of vapour pressure) over the summer period from 1 November to 31 March each year.
- The Smoky Vehicles enforcement program which aims to reduce vehicle emissions to air by ensuring owners properly maintain their vehicles.
- The Interim NO Policy for Cogeneration in Sydney and the Illawarra that sets out a policy framework for managing emissions of ground-level ozone and nitrogen dioxide from gas-fired cogeneration and trigeneration facilities.
- Dust reduction programs at open cut coal mines like Dust Stop, Dust Patrol and Bust the Dust ensure coal mines implement the most reasonable and feasible particulate control options.
- Regulation of power stations and completion of statutory reviews of the environment protection licences of all operating NSW coal-fired power stations.
- The Air Emissions Inventory for the Greater Metropolitan Region (GMR) in NSW informs the community about emissions and their sources for hundreds of different air pollutants in the GMR, where about 75% of the NSW population lives.
- Coordinating or contributing to various air quality studies to add to evidence and improve knowledge related to air quality and its impacts, for use in future planning decisions and to inform policy development.
- The load-based licensing scheme and pollution reduction programs support industries to reduce emissions, including emissions to air.
- The National Pollutant Inventory (NPI) program implemented in NSW under EPA regulation, requires approximately 1,000 industry facilities in NSW that trigger reporting requirements, to publicly report their emissions for listed pollutants, including emissions to air.

- Periodically updating approved methods for air quality sampling and modelling documents. The Approved methods for the sampling and analysis of air pollutants in NSW lists the methods that NSW industries and commercial premises must use to ensure they comply with NSW air quality regulations by sampling and analysing their emissions of air pollutants. The Approved Methods for the Modelling and Assessment of Air Pollutants in NSW lists the statutory methods to be used for modelling and assessing emissions of air pollutants in NSW.
- The Sydney Particle Characterisation Study involved analysis of existing PM_{2.5} datasets for four Sydney sampling sites. Positive Matrix Factorisation (PMF) source apportionment was undertaken based on samples collected at Lucas Heights, Richmond, Mascot and Liverpool over a 15-year period (2000-2014).

Essential Tools and Techniques for Effective Dust and Allergen Control



Dust is one of those things that seem to multiply as soon as you turn your back on it. No matter how often you do the cleaning, it somehow still manages to find its way back onto the shelves, furniture and floors. You are left wondering, “What happened?” The truth is that dusting isn’t simply about wiping down various surfaces it’s about using the right tools and techniques to ensure that your home stays dust-free for longer.

Without a proper approach, the dust will end up accumulating quickly, affecting the indoor air quality and triggering allergies. And, in a city like Sydney, where open windows or doors can bring in a lot of fine dust, regular and efficient dusting becomes a must.

These insights will require minimal effort and will cover everything from selecting the right cleaning tools to following a stepwise method for proper dust removal. So, whether you're tackling an **end of lease cleaning in Sydney** or are simply looking for better every day dusting tips, these tips will help you achieve what you've been searching for.

1. Start with the Right Tools

A cleaner is only as good as its tools. Having the right tools is as important as knowing the right techniques. Feather dusters may seem like a convenient choice, but they simply spread the dust around rather than removing it. Instead opt for tools that are designed to **trap the dust** efficiently, like microfiber cloths, electrostatic dusters and vacuum cleaners with HEPA filters.

In addition to this, if you choose to invest in a good-quality extendable duster, you'll also be able to get rid of dust from the areas that you generally can't reach otherwise, like ceiling fans, high shelves and other difficult spaces.

2. Dust from Top to Bottom

The most common mistake people make when undertaking the task of dusting is cleaning in a random order. To prevent dust from settling on the already cleaned areas, it's better to start from the highest points in the room, like cleaning the ceiling fans, light fixtures, high shelves, etc., and then working your way down from it. Clean the floor last. This ensures that the dislodged dust does not fall onto areas that have already been wiped clean, helping you save time and effort from having to re-clean.

3. Don't Forget Hidden Areas

Dust is very sneaky and tends to accumulate more in areas that are **not immediately visible**, like underneath the furniture, behind heavy appliances and inside air vents. Neglecting these areas can lead to a huge build-up and can trigger allergies or even attract unwanted guests like pests. When going about dusting, make it a point to move the furniture around periodically and run the vacuum under the couches, beds and cabinets.

Along with these, clean the skirting boards, blinds, and curtains, as they, too, collect dust over time. If you're preparing to vacate your rental and are tasked with conducting a detailed end of lease cleaning in Sydney, paying attention to these hidden areas will ensure you receive your bond in full once the inspection is done.

4. Use Damp Cloths for Effective Dust Removal

If you've ever dry dusted, you may have experienced that the air feels a little thick or that your **nose seems ticklish** or sneezy. The reason is that this method of dusting causes the finer particles of dust to become airborne. To minimise this phenomenon, use a slightly damp microfiber cloth to wipe the surfaces; this will ensure that the dust particles are picked up rather than being redistributed.

However, avoid oversoaking it, especially if you plan to clean any electronic items, wooden furniture or delicate surfaces that can get damaged with excess moisture. If you are dusting bookshelves, consider using a gentle cleaning solution to maintain their condition while effectively getting rid of all the dust.

5. Maintain a Regular Dusting Schedule

Dust has the tendency to accumulate fast, so the only way to keep up with it is by maintaining a **routine dusting schedule**. Ideally, bedrooms and living rooms, which are high-traffic areas, should be dusted at least once every week, while less frequently used spaces like the guest bedrooms can be dusted once every two weeks. Setting up a schedule will not only help keep the dust level in your home under control, but it will also make each consecutive cleaning session much easier and less time-consuming.

If you are preparing for cheap end of lease cleaning Sydney, ensure that dusting is included in your final cleaning checklist. This will help you meet the expectations of the landlord.

Wrapping up

Dusting the right way is not simply a matter of making your home look clean – it's more about creating a healthier living environment. With the right tools, the right techniques and the maintenance of dusting schedules, keeping dust at bay will become a piece of cake. Whatever your end goal for cleaning, these tips will help you achieve what you want.

Scheduling and Routine Maintenance for Sustained Hygiene



Scheduled cleaning

Practices must have a cleaning schedule that ensures that the practice is systematically and appropriately cleaned. The cleaning schedule sets out the staff who are responsible for cleaning, the

surfaces that need cleaning, the frequency of cleaning, the cleaning method, and the products and equipment to be used

In addition to scheduled cleaning (routine cleaning that occurs at pre-planned intervals, regardless of events), opportunistic cleaning may also be necessary throughout the working day. This may include cleaning surfaces after they are touched by a patient with a potentially transmissible infection (for example, disinfecting a chair or examination table after a patient with influenza).

The cleaning agent, method and frequency depend on the risk of transmission of clinically significant pathogenic microorganisms. The practice's risk assessment for each surface or item will depend on:

- the potential for exposure (eg high-touch versus low-touch surfaces)
- the pathogenic microorganisms likely to be present, including the possible presence of multidrug-resistant microorganisms This may change over time, eg during an outbreak
- and the vulnerability of patients or staff to infection.

Scheduled cleaning duties

The cleaning schedule must identify the staff who have responsibility for cleaning and their specific duties. These staff members need task-specific education and training.

If cleaning activities are outsourced to cleaning service providers, practices should make sure that contract cleaners clearly understand their role in the practice's infection prevention and control, including when, how and why they need to clean specific surfaces and equipment. Document all cleaning delivery procedures, including minimum cleaning frequencies and methods, staffing, equipment (including chemicals for standard and transmission-based precautions, monitoring/auditing, and management of the cleaning service).

Scheduled cleaning of surfaces

All environmental surfaces within the practice must be included in the cleaning schedule to ensure that the practice is systematically cleaned. The level of cleaning must be determined based on the risks of contamination and transmission of infection. Risk assessment considers the frequency of traffic or bodily contact of each surface.

Surfaces in frequent use and likely to become soiled over a day include carpets, toilet/bathroom fixtures, consultation room furniture and equipment (examination couch, desk and medical equipment).

Surfaces with minimal contact include windows, walls, doors and general furniture.

It is unfeasible to clean some frequently touched items (eg pens, handles, phones, keypads, computer keyboard, mouse) after each use. These items may be considered as always contaminated; after touching any of these items, health professionals must clean their hands before patient contact.

A practice's risk assessment should determine when frequently touched items should be cleaned.

Frequency of scheduled cleaning

The cleaning schedule must allow for more frequent cleaning of surfaces that are subject to frequent contact (eg heavily trafficked or high-use areas).

Clean frequently touched surfaces at least daily. During an outbreak, cleaning may be necessary twice daily or more often, as advised by health authorities.

In addition to scheduled cleaning, clean high-use surfaces whenever they are visibly soiled and after every known contamination by a likely pathogen.

Surfaces that are subject to less frequent contact can be scheduled for less frequent cleaning, as well as being cleaned when visibly soiled or immediately after contact with blood or other body substances.

Sustainable and Eco Friendly Practices in Indoor Environmental Care



Creating a healthy indoor environment is not just about being comfortable it's essential for our wellbeing and the planets future. We spend up to 90% of our time indoors so the quality of our indoor space directly impacts our health, productivity and ecological footprint. By making conscious choices we can align our living space with sustainable practices that benefit us and the planet.

Sustainable Practices for Indoor Spaces

Sustainable indoor practices improve air quality, conserves resources and overall, wellbeing. By making eco-friendly decisions on materials, energy and indoor plants we can create spaces that benefits both health and the environment.

Eco-Friendly Materials

Using eco-friendly materials reduces indoor pollutants and carbon footprint. Low-VOC paints, reclaimed wood and natural fibers like cotton or jute improves air quality and minimizes toxin exposure. Bamboo, a fast renewable material is a great alternative for furniture and flooring, durable and sustainable. Non-toxic adhesives and sealants reduce chemical emissions. Besides these materials, recycled glass and metal provides stylish and sustainable design elements. Prioritize certifications like GREENGUARD or [FSC](#) to ensure materials meet environmental standards.

Energy Efficiency In Indoor Design

Energy efficient design saves resources and reduces utility bills. LED lighting uses 75% less energy than incandescent bulbs and gives long term savings and lower emissions. Smart thermostats regulates energy use and maintains optimal indoor temperature without unnecessary consumption. Energy Star certified appliances reduces energy usage and meets sustainability standards. Sealing windows and doors prevents energy loss and improves indoor insulation. Solar panel integration and passive solar heating design further reduces energy efficiency. Using natural ventilation and daylighting reduces dependency on artificial systems.

Plants And Green Spaces

Plants improve air quality through natural filtration and creates healthier indoor environment. Adding greenery like spider plants, peace lilies or Boston ferns absorbs harmful toxins and release oxygen in return. Green walls or vertical gardens saves space and maximizes the benefits of living plants. Placing potted plants in well-lit areas like windowsills adds aesthetic and air purification. Herbs like basil or mint can be functional decor and provides fresh flavors for cooking. Combining plants with tools like humidifier for oxygen concentrators optimizes breathable air quality especially in enclosed spaces. Sustainable plant choices require minimal care and water so you can enjoy long term indoor environmental benefits.

Healthier Homes Technology

From improving air quality to choosing ecofriendly materials there are so many ways to create a greener healthier home. According to the Environmental Protection Agency (EPA) indoor air can be 2-5 times more polluted than outdoor air so we need to address the things we can control. Let's do this together and transform our homes into sustainable sanctuaries that support a healthier lifestyle and reduce our environmental impact.

Common Mistakes and How to Avoid Them for Optimal Indoor Hygiene



Detergent, sponge, dishwasher you might have the right tools, but it's all about how you use them. Cleaning your home effectively might seem to be a straightforward process but there's several key areas that tend to be overlooked when they really shouldn't be.

Whether you're doing a deep clean of the bathroom or a quick tidy throughout the week, keeping your home cleaner for longer is easier than you think. The trick is to do just a little bit each and every day.

Using a feather duster

It only spreads dust from one surface to another. Try a microfibre cloth instead, which will grab and hold onto particles.

Using the same rag everywhere

Streaky surfaces? You might be overusing your cleaning cloth and spreading germs while you're at it. Even if your towel doesn't look old, it should be replaced often if it's used on high-traffic (read: super dirty) areas.

Overloading your dishwasher

Stacking dishes or putting too many utensils in your basket could impact your appliance's ability to reach items with soap and water — meaning they won't get clean. Even worse, if you pre-rinse your dishes, you might not notice.

Tossing certain kitchen utensils in the dishwasher

No matter what style of dishwasher you have, some utensils should not be placed in a dishwasher without a little bit of love first. Since garlic is so sticky, bits of the food might get stuck in the crevices of your garlic press if you use it and then just throw it in the dishwasher. You should always handwash your utensils to ensure it's clean for tomorrow's dinner prep.

Using dish soap on your wooden cutting boards

When it comes to wooden chopping boards, soap and warm water don't always cut it. After using one to slice meat or poultry, soak it in bleach solution to prevent cross-contamination when preparing your next meal.

Spraying furniture with polish

When you spray furniture directly it creates build-up that is tough to remove and attracts even more dust. Spray a cloth with the polish and then clean.

Forgetting to clean out your vacuum

If you forget this step, you'll end up pushing dirt around while also wondering if your fancy new vacuum cleaner was worth it.

Not dusting your windows

Before washing them, that is. If you forget to tackle the dust on your sills, any window cleaner that drips onto the frame will become a muddy mess of dusty liquid. A vacuum or microfibre cloth will sort this out nicely.

Conclusion

Maintaining healthy and hygienic indoor environments is vital for ensuring the well-being and comfort of everyone who occupies the space. By understanding

the sources and impacts of indoor pollutants and implementing effective dust and allergen control techniques, it is possible to significantly improve air quality and reduce health risks. Regular maintenance schedules combined with the use of proper tools and sustainable cleaning practices contribute to long lasting results. Avoiding common mistakes further enhances the effectiveness of these efforts. With consistent care and attention, indoor spaces can become safer healthier and more enjoyable for all.

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