

**1 books**

Sunshine will fade books, so store them away from direct, natural light. Stack neatly to avoid sagging covers and pages and dust often.

**2 sheets**

Dry sheets in the sun – UV rays kill bacteria and clothesdryers use up a lot of energy.

**3 flooring**

Wooden floors are easy to keep clean – gently clean stains as soon as they occur and vacuum regularly. Avoid wearing high-heeled shoes across them.

**4 mattresses**

Aerate mattresses for 15 minutes every week and spray with water that's been lightly infused with a teabag – the tannin in the tea kills the moles. And always cover with a mattress protector before you tuck in those sheets.

**5 blinds**

Use microfibre cloths to dust blinds – they attract dust rather than spread it around.

**6 windows**

Open windows before you start cleaning to ventilate the house.

**7 spot clean**

Marks can build up in places we hardly notice. Give entrances, door handles and light fittings a quick wipe with a damp cloth dipped in a mild detergent every week.

**8 plants**

Flowers can brighten a room, but pollen can trigger allergic reactions and mark furniture. Display flowers and plants on smooth surfaces and keep tidy.



*"leave your shoes at the door and invest in a doormat for every entrance"*

Keep floors as a minimum by mopping rugs on wooden floorboards – they don't make a room look and feel warmer.

*2 air your bed once a week*



**Kareena Colton**

Cleaner with Green Clean Australia,  
(02) 9675 7470; greencleanaustralia.com.au

**How do cleaning products affect the environment?**

"Chemicals from many household cleaners cling to surfaces and linger in the air, potentially harming people, pets and the environment. Most of us spend about 90 per cent of our lives indoors – at home, school, work or travelling – so we breathe in more of these chemicals than we think."

**What's your secret?**

"One of my favourite products is borax – an odourless, natural mineral compound available in most hardware stores. Borax actually softens water and can be used as a disinfectant, deodoriser and stain-remover. Great for soaking nappies but not for delicate fabrics.

**How do you keep bedrooms clean?**

"Leave your shoes at the door and invest in a doormat for each

entrance. Eighty per cent of all household dust comes from outside, mostly travelling merrily on the soles of shoes that usually end up in the bedroom.

**What's the first step to a clean, green house?**

"Replace hazardous sprays with natural ones. Your local council should organise the recycling and disposal of not only household cleaners, but batteries, paint, and pesticides." Call the NSW Pollution Line on 13 15 55 for more information, or contact your local council.

**What's the best feedback you've ever had?**

"When people tell us their migraines have subsided, or their kids' asthma or rashes have disappeared, it makes the job especially rewarding."