

# Tremendous MAID



Your Carpet May Be Slowly Killing You,  
Your Family, and Your Pets!

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Carpets collect a wide range of germs and particles over time. Carpets that are in your home, your child's school, the office, or early educational centers can all adversely affect your health if not cared for and cleaned properly.

A variety of adhesives, stain protectors, mothproofing and flame retardants that are added to carpets to improve their durability and safety can seriously harm you if appropriate care is not taken. And if you test locations that have pre-installed carpets, the list of bacteria and contaminants found in the carpet can be well over several thousand.

Day care centers where toddlers and other small children play and crawl and put their tiny little hands into their mouths are especially susceptible to bacteria and virus accumulation, and tests have proven that such locations collect hundreds of thousands of unseen bacteria slowly over time.







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## Older carpets...

are more of a health problem than new ones because they not only contain newer chemicals that may have been banned in the past, but they also have had many years to accumulate substantial quantities of dust mites, dirt, toxins, pesticides, and bacteria. Even carpets that appear to be 'clean and in good condition' are often extremely dirty despite appearing otherwise.

Carpets collect dust and bacteria, it's as simple as that. In fact, doctors recommend asthmatics and those allergic to dust mites or other environmental contaminants to completely remove carpets from their bedrooms. It is better to do without them than to risk the chances of illness or allergic reaction!

Keeping your carpets, rugs, and upholstery clean helps to extend the life of these items, but do you know that professionally cleaning your carpets and upholstery helps to remove allergens and improves your health while reducing the incidence of illnesses?

Dr. Phillip M. Tierno &  
Dr. Chuck Gerba of the University  
of Arizona, Tucson

Tested home surfaces to find out which were the most contaminated. Their results showed that dirty home carpets contained an average of 200,000 organisms per square inch; this amount is 4,000 times higher than the contamination level found on the average toilet seat!





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## Your carpets...

can even have fecal bacteria, especially if you have dogs in the house, or if you have kids in diapers.

"Norovirus has been known to be transmitted by carpet," Dr. Gerba continued. He cited outbreaks in hotels in which investigators from the Centers for Disease Control found that carpeting tested positive for the virus as proof of this fact.

Obvious Precaution! The bottoms of your shoes are one of the biggest culprits of carpet contamination. An easy trick for keeping your home carpets clean is to simply leave your outside shoes by the door and use a separate pair of indoor slippers for walking around the house.

Carpets are known to harbor a witch's brew of human skin cells, hair, insect parts, sweat, saliva, mucous, fungi, fungal spores, food particles, pollen, cosmetics, soil, and sand, according to Dr. Philip Tierno, a microbiologist at the NYU School of Medicine in New York.

## Here are some of the health problems caused by carpets:

- ° Difficulty breathing
- ° Irritation of the nose or throat
- ° Fatigue
- ° Persistent cough or sore throat
- ° Frequent headaches
- ° Irritated skin
- ° Red, irritated eyes
- ° All sorts of allergies and asthma-related symptoms such as sneezing and stuffy or runny noses







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## What type of bacteria can be found in your carpets?

- ° Salmonella (this can cause typhoid fever, food poisoning, gastroenteritis, and other illnesses)
- ° Campylobacter (this is one of the main causes of food poisoning)
- ° Listeria (this is another major cause of food poisoning)
- ° Shigella (this causes diarrhea)
- ° Staphilococcus Aureus (this causes a variety of skin infections)
- ° Coli (such as E. coli, which may cause severe anemia and kidney failure)
- ° Fungus (such as Athlete's Foot, which is a contagious disease)

## What should you do?

- ° Have your carpets professionally cleaned at least once a year (or more often, if at all possible). Some experts recommend carpet cleaning every 4 to 6 months, especially if you have kids or pets.
- ° Always use a high-efficiency particulate air filter vacuum (i.e. a vacuum with a HEPA filter).
- ° Do not wear outside shoes in areas that are carpeted.
- ° Vacuum high-traffic areas in bedrooms and living rooms every day.
- ° Install an air purifier to help remove dust and toxins that rise from unclean carpets in case regular cleaning is not possible.





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## What are some of the ways you can clean your carpet?

Hot carpet extraction, which is also known as 'steam cleaning', is a great way to have your carpets cleaned. There are also dry foam cleaning, dry or dry powder shampoo cleaning, and bonnet cleaning systems.

## Here are quick reviews of how each process works:

Hot carpet extraction or steam cleaning is not actually steam cleaning as such, but the cleaning machine heats water to over 150 degrees Celsius and this helps to do a better job to remove bacteria and particles in your carpets. Portable machines are better than truck-mounted ones because they retain their heat much better than truck-mounted models in which the heat has to go through the truck via the hose and eventually to the carpet.

If you choose a company that has both options, choose to have your carpets cleaned with a portable machine.



NOTE: "When properly cleaned and maintained, carpeting may improve the quality of air by trapping allergy-inducing dust and allergens. Most people, however, do not clean their carpets correctly, which can actually exacerbate allergies." (Jack Brown, 2001, Don't Touch that Doorknob!)





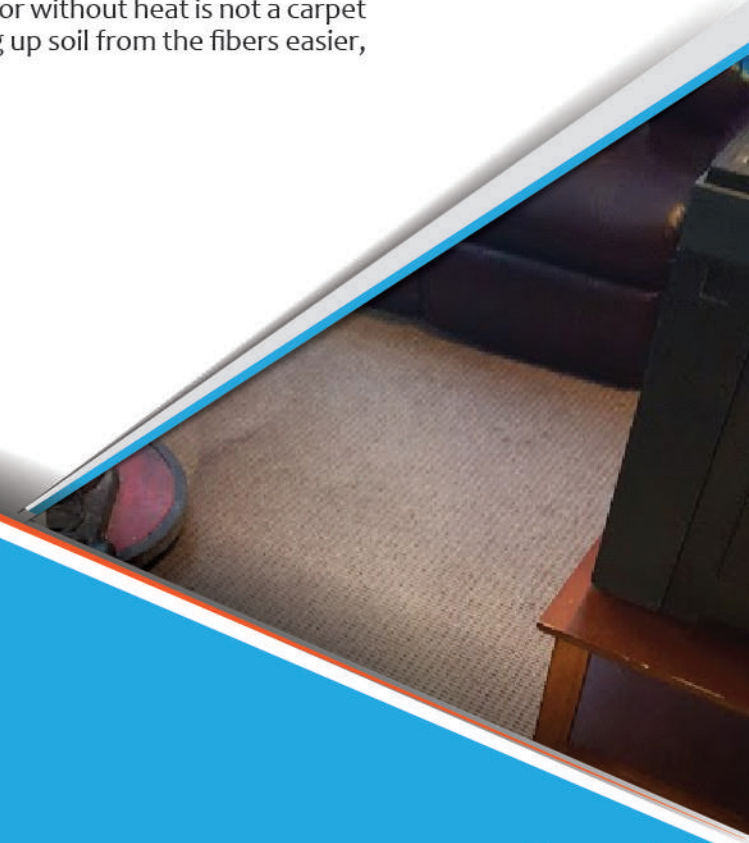
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Here are quick reviews of how each process works:

a. Truck-mounted extractors are excellent for hard-to-reach buildings and areas to which a portable machine may not be easy to transport. Both portable and truck-mounted machines use exactly the same cleaning method.

Many experts believe that portable machines are much better because they retain more heat for a longer period of time.

b. Rental portable machines that are easily found at hardware stores have the same function but they use less power and usually do not have any heat capabilities. In my opinion, a carpet extractor without heat is not a carpet extractor at all; the heat helps the carpet fibers to soften up and makes picking up soil from the fibers easier, which is a function that you should be looking for.





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## The dry foam & dry powder methods...

are similar to each other and both have faster dry times (yes, there is some water involved!) so your floors can be used almost immediately after carpet extraction. However, the chemicals used for this type of cleaning can be quite harsh.

a. A compressor on the machine converts the cleaning solution into foam which is then spread over the carpet with a rotary floor machine. Once the foam dries, the carpet is vacuumed to remove all the dried crystals of dirt that have been created by the process.

b. At Tremendous Maid/Boston's Best Commercial Cleaning we are not particularly fond of dry foam cleaning simply because all of our experience has always involved hot carpet extraction. Also, dry foam/dry powder at best covers only the top 3 layers of the carpet. A floor technician who is patient and knows how to apply the chemicals properly can do a great job using this method, but why take that risk?







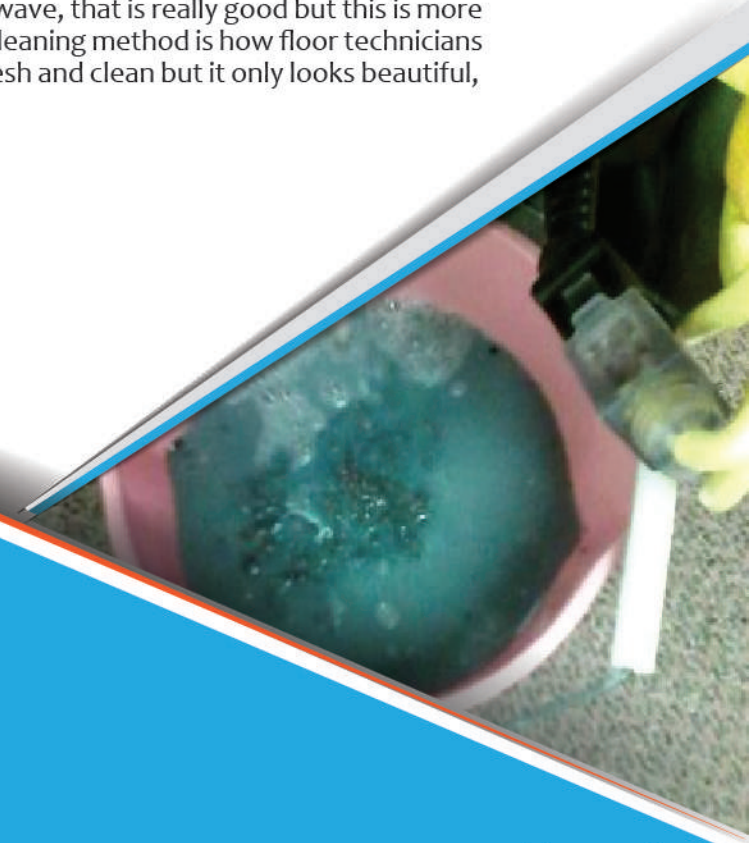
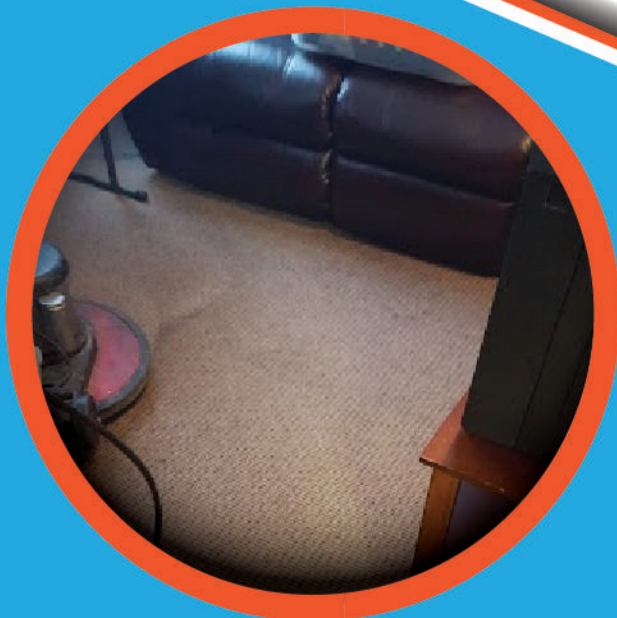
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## Bonnet Cleaning is a good way...

to do a light cleaning job on carpets. However, this method is highly ineffective if you want to extract and remove all of the bacteria that is stuck in the carpet. With bonnet cleaning, you simply remove minor stains from the top of the carpet layer and superficially move all the dirt and contaminants around to make the carpet fibers look clean.

This method is most common in commercial facilities where only light carpet cleaning is required, and is not recommended for residential clients as there is not extraction of trapped soil or bacteria at all. A rotary machine is used with some chemicals and that means that some chemicals remain ingrained in the carpets at the end of the process.

- a. If you extract the carpet and then bonnet it so that the carpet's fibers look like a wave, that is really good but this is more of a method to be used after you hot extract the carpet. In hotels, the bonnet cleaning method is how floor technicians treat carpets so whenever a guest enters their room, the carpet looks fresh and clean but it only looks beautiful, and that's about it! It isn't actually clean.





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## What is our process at Tremendous Maid/Boston's Best Commercial Cleaning?

- ° We use portable carpet extractors and use the deep extraction technique in which the carpet takes approximately 6 hours to dry, depending on air circulation in the house or unit.
- ° Our machines are hot water extractors with 3 stage VAC motors which provide 50% more water lift than other extractors.
- ° We also use an auto-scrubber which softens dirt seated in the carpet. When we use the extractor with hot water pressure, the carpets are left in outstanding condition.
- ° We move small furniture out of the way and use furniture sticky tabs for chair and table legs to protect furniture and carpet from stains.
- ° We also spot-treat carpet stains. Some stains may be permanent and may not be removable with cleaning but we make sure to treat every possible stain, visible or not.



- ° We pre-condition the carpet to soften the soil underneath the surface.
- ° Air blowers may be needed in some cases to expedite drying time in commercial spaces.
- ° Carpet protectors may be added to high traffic foot areas for an additional fee.





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If possible, you should:

- ° Avoid wall-to-wall carpets in bathrooms, kitchens, laundry rooms, basements, and other damp areas.
- ° Avoid installing wall-to-wall carpeting in bedrooms for people with allergies or asthma.
- ° Never use a vacuum that is not HEPA compliant – such vacuums are not sealed properly and can cause more damage than good as the filter often pushes everything in the air.

Call us at 617-553-1393 to book a cleaning session now,  
and the results will speak for themselves!

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