



**Phone: 9417 9400**  
[www.springfreshrestoration.com](http://www.springfreshrestoration.com)  
[admin@springfreshrestoration.com](mailto:admin@springfreshrestoration.com)

## Carpets & Indoor Air Quality

There are a variety of contaminants that can be found in carpets some of which include cooking oils, acids, food crumbs, dead skin cells, insect excretion, pollen, insecticides. The list goes on and on! Research has linked these micro-organisms to health related issues including bronchial related illnesses and asthma.



Ignorant of these dangers, people are living day after day, year after year in the midst of these harmful contaminants and micro-organisms. We are exposing our children to them, unaware of the health hazards! Australian's typically spend 80 or 90 per cent of their time indoors. and as a result indoor air quality is attracting greater public attention because of its impact on health.

Children are more susceptible to breathable dust allergens that are suspended in the air due to their closeness to the ground. The particle trapping effect of carpets actually reduce the incidents of airborne dust and dirt thus improving the breathing zone for children.

Carpeting in our homes when well maintained can actually improve indoor air quality as carpets act as filters. They hold contaminants that have settled in and prevent them from being recirculated in the air. It is when carpets are neglected that they become potentially harmful and a source of indoor air pollution. If you want to protect the health of you and your family as well as the investment in carpeting then call us today!

Research has shown that frequent vacuuming, hot water extraction, entrance mats, frequency in dusting and the airing out of homes can improve indoor air quality. Other ways to improve the indoor air quality in your home are:

### 1. Use Walk off mats

Every entry to your house should have an outside mat that is rough enough to remove mud and other debris and an inside mat that is absorbent to remove any moisture upon entry. Other inside mats can be used in areas such as kitchens, to prevent cooking oils and food-stuffs being transferred onto carpet.

### 2. Vacuum Regularly

Your carpets should be vacuumed at least twice a week and more often if you have pets or children. High volume traffic areas should receive extra attention. For best results use an upright, HEPA filter (High Efficiency Particulate Air) Vacuum Cleaner. These vacuums are hospital grade and use a 3 level filtration system to remove dust, dirt and allergy-causing particles and preventing them from being recirculating back into the air.

### 3. Have your Carpets Professionally Cleaned

Most damage which is caused to carpets is caused from abrasive particles that are stuck to the fibres of carpet by oil residues. These oils are everywhere and are caused from the burning of hydrocarbons, power plants and volatilized oils from cooking. Once the oil is on the carpet, it sticks to the fibres and no vacuum cleaner can remove them. It is recommended that carpet in a residential setting should be cleaned a minimum of once per year (6 monthly if children and pets are present) in order to maintain a healthy indoor environment.

### 4. Maintain your Vacuum Cleaner

A lot of vacuum cleaners today are ineffective, because bags are not emptied regularly. After the bag is ½ full, the vacuum efficiency is greatly reduced, therefore either change it or empty it before it is at half capacity.

### 5. Remove spots quickly

Most spills can be removed if attended to quickly. The longer the spill stays on the carpet, the greater the chance that damage will take place. Please see our tips chart for details.

