



Building a Healthier Home Environment: The Ultimate Guide

By Jerry - The University
of Western Australia

Abstract

Creating a healthier home environment in Perth involves adopting eco-friendly practices and focusing on air quality and cleanliness. Start by using non-toxic, low-VOC paints and materials to reduce exposure to harmful chemicals. Improve indoor air quality with plants and air purifiers, and ensure proper ventilation, especially during the warmer months. Regularly clean with eco-friendly products and vacuum using HEPA filters to minimize allergens. Consider energy-efficient appliances to reduce your carbon footprint, and opt for natural lighting to boost mood and health. Maintaining a clean, toxin-free space is key to enhancing the overall well-being of your family in Perth.

1. Introduction

Building a healthier home environment in Perth is key to enhancing your family's well-being and comfort. With the city's warm climate and unique living conditions, creating a healthy space requires thoughtful choices. In this ultimate guide, we'll explore practical tips tailored to Perth, from improving indoor air quality to using eco-friendly materials that thrive in the local environment. You'll discover ways to reduce toxins, enhance ventilation, and adopt sustainable practices perfect for Perth's lifestyle. Whether you're renovating or making small changes, this guide will provide the tools you need for a healthier, happier home in Perth.

2. Silent Signs Your Home Is an Unhealthy Place to Live

Maybe you occasionally slack on cleaning or wait too long to dive in. Or maybe you don't know that what you're doing—or not doing—is hurting you.

Home is where the health is...

We've all been there. Maybe you go a while between dustings. Let the dog sleep in the bed. Watch moisture bead up on the bathroom window. Sometimes these things are easy to ignore. Unfortunately, these innocent-seeming habits could be making you and your family sick.

While you likely know that your cleaning supplies could be secretly making you sick, you may not know how much damage not cleaning could be doing. It could be that you're cleaning enough, but not cleaning your cleaning supplies. It's tricky—but following these important tips can help keep you and your family safe and healthy.

Your home has too much moisture

While moisture in the home is normal—bathing, cooking, and even breathing all contribute—excessive moisture is not, according to expertmoldtest.com. Mold loves humid environments, and if there is excessive moisture in the home, it's bound to grow, especially in corners and ceilings. The CDC warns that mold can cause nasal stuffiness, throat irritation, coughing or wheezing, eye irritation, or, in some cases skin irritation.



You're vacuuming without a HEPA filter

Research from MIT reveals that air pollution causes about 200,000 early deaths per year in Perth, and it worsens asthma and allergies. That's why you may want to invest in a HEPA (high-efficiency particulate air) filter vacuum to prevent tiny particles of dust from being blown back out into your indoor air. "I tend to go toward whole-house filtration, so the first thing I'd recommend is installing a HEPA filter in your home's HVAC system," says James Sublett, MD, a former clinical professor and chief of allergy and immunology at the University of Louisville, in Time. Next up, when it comes to carpet or floors, make sure you're not making this vacuuming mistake.

You're forgetting to change the vacuum filter

If you're using a HEPA filter, you'll want to make sure you're changing it every six months or when you notice signs of wear and tear. This will ensure an effective filter, while also preserving the life of the machine.

You're not cleaning vents and ducts

Vents might not be in your line of vision quite like dirty dishes, but that doesn't mean they don't need cleaning too. Vents harbor a ton of dust from the air, and when you turn on the heat or air conditioning, all those dust particles are redistributed throughout your house. You can take off the vent cover and clean out the grime you can reach, but you'll want to enlist a professional to thoroughly clean your ducts. The pros use compressed air and air agitators to clear out hard-to-reach dust.

Your bathroom has poor ventilation

Are you keeping the window open or using the fan when showering? You should! Excess moisture can not only cause your paint and wallpaper to detach, but it encourages mold, which can thrive and multiply indoors, damaging your house and potentially your health, according to the EPA.

You're using the wrong household cleaners

As you spray cleaner around the house, it settles on all types of surfaces. Plus, you inhale it as you spritz. In a COVID-19 world, people are cleaning more frequently than ever. The right cleaners are crucial to not only protect against the virus but protect you from being exposed to the harsh chemicals. Further, common household chemicals—bath products, dish soap, bleach—can damage your airways and lungs. The Environmental Working Group's investigation of more than 2,000 cleaning supplies on the American market revealed that many substances in them are linked to serious health problems like asthma, allergies, and even cancer.

You're not dusting correctly

Vacuuming once a week and wiping down countertops means you're only making a dent in the dust around your house. It builds up every single day, and the more time you let go by without wiping it up, the more you're exposing yourself to harmful particles. Use a damp cloth to gather dust as opposed to using a duster (or a dry cloth), which, according to the American College of Allergy, Asthma, and Immunology, will only spread the dust around and trigger allergies. Also, be sure to dust from high to low.

You're ignoring your gutters

Leaky gutters are another cause of moisture buildup, allowing excess water into your walls, basement, or crawl space. If your gutters aren't covered, you'll want to make sure you clean them out regularly.

Your bedroom is musty

Although you vacuum and dust, you actually need to move your chest of drawers, desks, and other furniture to thoroughly clean. Pull your bed away from the wall, and you might be shocked to see just how much crud is collecting just behind your head. And remember to regularly wash your bedding—once every one to two weeks—and make sure you have a good mattress protector. Turn it every couple of months, and vacuum it when you do.

You wear your shoes inside the house

You wouldn't roll around a public bathroom, but nearly everyone would walk around one and then walk around their house in the same shoes. Given that you roll on your carpets with your kids or the dog and put your feet up on the coffee table, you might want to leave the shoes at the door. Researchers from the University of Arizona found that shoes can track in 400,000-plus bacteria per shoe, including *E. coli*, a strain that's known to cause nasty gastrointestinal distress.

You're surrounded by wind-pollinated plants

You may unknowingly be inviting allergens into your yard that cause your stuffy nose, watery eyes, sneezing, and breathing trouble. If you have allergies, the Old Farmer's Almanac recommends the following:

Large shade trees such as oaks, maples, and beeches

Most lawn grasses

Common weeds such as lamb's-quarter, pigweed, and ragweed

Goldenrod

You have too much stuff

You love throw pillows, coffee table books, and knick-knacks: All these things collect dust, dander, and pollen, and they can contribute to poor air quality in your home. Unless you plan on constantly moving and cleaning all of this, you should consider minimizing your furnishings and collections. Next, find out how often you should really be washing your bath towel.

You let your pet sleep in your bed

They're cozy, loving, and even help you sleep, but if you're walking your dog around the neighborhood, you can bet they're carrying a lot of dirt, germs, and even insects (think ticks) into your bed. Not only that, but pet dander traps allergens, which means you're subjecting your sleeping space to those allergens. Check for these signs to make sure your healthy-seeming cat is not actually sick. Next, make sure you know these things you should be cleaning every day from now on.

3. Best Healthy Home Upgrades



There are countless articles and blog posts focusing on which home improvements will yield the greatest financial return on investment. But there's another way to look at the ROI conversation: Which home improvements offer the best potential for improving your personal well-being. Those include the five facets of wellness design: health and fitness, safety and security, accessibility, functionality, and comfort and joy. Given the increasing importance of wellness to homebuyers, they might also add to the salability of your home when you do choose to put it on the market.

"It's understandable why everyone is concerned about maintaining a healthy home," comments Caroline Danielson, director of showrooms for upscale chain retailer Ferguson Bath, Kitchen & Lighting Gallery, adding that with recent research being made more widely available on the links between home and health, "It is no surprise that many homeowners are considering renovations that improve more than the look of a home." These can all help homeowners clean faster, cook smarter and rest easier, she notes.

Technology

The topic of technology for wellness – including air and water quality, tunable lighting, and acoustic comfort – are all gaining popularity. “The pandemic brought the interest level up even higher,” observes Josh Christian, CEO of the Home Technology Association trade organization. Covid made the need for healthy indoor air urgent. Wildfires add to that urgency, with their smoke and ash infiltrating homes in nearby regions, and pollution is an ongoing issue in some areas.

“In-room portable air purifiers have exploded in popularity,” Christian shares, “though many homeowners aren’t aware that their whole home can have pure air with specialized air filtration systems.” These installations can be done through home technology integrators, he adds. “A good system can improve the safety of people in a home.” Real-time monitoring capabilities for water quality are not as advanced, Christian notes, “but when water filtration is part of a smart home system, there is extensive testing done up front to identify the best solution for the specific location needs.”

Materials

This is a challenging topic, because so many products offer both wellness benefits like softness underfoot, flame retardants and antimicrobial protection, while unfortunately introducing chemicals that can be damaging to our bodies. “The chemicals that help make a product flexible, light, sturdy have major side effects on our health including cancers, decreased fertility in both men and women and other hormonal related health issues, thyroid disease and elevated cholesterol,” cautions Alison Mears, director of the Healthy Materials Lab at Parsons University.

When it comes to cabinetry, carcinogenic urea formaldehyde is a major element to avoid, Mears advises. NAUF (no added urea formaldehyde) products that reduce its use are a safer option. You’ll also want a cabinet with nontoxic finishes.

Appliances

Danielson points to appliances as one category where technology has always been a trending topic; lately it’s been heavily focused on wellness. “From steam ovens that allow homeowners to effortlessly prepare healthy meals to high-capacity, sanitizing dishwashers with settings to eliminate 99.999% of food soil bacteria by adding a high-heat final rinse to sanitize dishes, appliance technology is becoming more sophisticated.”

She points to a new category too: indoor plant growers. “Herb growing cabinets have captured homeowners’ imaginations,” the retailer observes. “Imagine making a salad with farm-fresh micro greens or cooking a meal and having the ability to use fresh herbs available right in the kitchen. All organic greens offer superior flavor and the best nutrition.”

Fixtures and Faucets

“With the push for better health and wellness, home fixtures and faucets are now a great way to improve your overall well-being,” Danielson shares, pointing to the latest in water filtration systems and steam showers. The former will help ensure that the household is drinking clean water daily. “In addition to filtering out contaminants like lead or chlorine, these systems can also reduce smells and tastes that make your drinking water less desirable,” she says.

“Steam showers allow users to relax while enjoying aromatherapy benefits. They are especially beneficial for those with respiratory conditions or muscle tension as the warm steam helps open airways and decreases muscle soreness,” Danielson comments.



Lighting

The pandemic has definitely had an impact on lighting. “Homeowners clean the air with a ceiling fan that cools and circulates the air using ultraviolet technology, verified through independent laboratory testing to kill 99.99% of SARS-CoV-2 (causes COVID-19) and other airborne pathogens while safely neutralizing allergens, odors, and fumes,” Danielson says.

Danielson is bullish on preset dimmers as a great new lighting option for wellness, she says, noting they “make it easy to adjust your lighting levels depending on the time of day and can be set to ensure you have enough light without causing eye strain or discomfort.” This is a particular benefit to older adults for both safety and comfort. “This age-friendly feature ensures that you don’t have to worry about straining your eyes when trying to find something in a dark area or dealing with overly bright lights when going outside at night.”

Circadian lighting, also called tunable lighting or human centric lighting, is another way to boost wellness in this category. Many more manufacturers are offering these solutions now and the category has massively grown in the past four years, HTA’s Christian observes. This has also led to lower prices and more availability, but you get what you pay for when it comes to this technology, he warns.

Outdoor dark sky lighting is another new innovation that helps the health of your household and the planet. Health-wise, it reduces blue light emitted from LED bulbs, linked to sleep disruption in some individuals, Danielson comments.

Wellness Tips from the Pros

“When looking to upgrade your home in a way that promotes health and wellness, it’s important to visit reputable showrooms and work with a designer or contractor you trust,” Danielson recommends. “There are special certifications for wellness and universal design. For example, a certified universal design professional will help homeowners create an environment that emphasizes comfort and safety

for all ages and abilities. Homeowners can ask the designer about their certification and determine if their specialty matches their wellness goals.”

4. How to Improve the Indoor Air Quality of Your Home

You spend a lot of time in your house, so it's important to pay attention to the indoor air quality of your space. According to the Environmental Protection Agency (EPA), indoor air can be up to five times more polluted than outside, which can have serious side effects on your health. Mold, mildew, smoke, dust, and other invisible allergens might lurk around your home. Long-term exposure to these pollutants has been linked to asthma and other respiratory diseases, heart disease, and cancer.¹

Fortunately, a few simple steps can help improve your indoor air quality for a cleaner, healthier home. We talked to indoor air quality experts to learn how to do just that.

How to Improve Your Home's Indoor Air Quality

Proper airflow, fresh air from outside, and ventilation are essential to indoor air quality, says Lauren Weigel, Thermastor vice president and general manager. The first step is recognizing the signs of unhealthy indoor air quality. "The most common indicators include lingering cooking smells, fogged mirrors and windows, damp rooms, clothes or towels, strong chemical odors from cleaning, and mold," Weigel says. Once you've identified an air quality issue, follow these steps to stop air pollutants at the source.

1. Keep Dust in Check

Regular dusting and vacuuming can help keep dust, pet dander, and other debris in check. Patrick Van Deventer, director of product engineering at Portacool, also recommends using dust mite-proof covers on mattresses, pillows, and box springs. He also recommends washing bedding in hot water at least once a week.

2. Use Your Vent Fan

Always turn on your bathroom ventilation fan while showering to prevent mold or mildew growth. If you're unsure if the fan is working, try holding a tissue near the fan. "If the fan is removing air properly, the paper will be drawn against the grill and remain there as long as the fan is on," she says.

3. Practice Healthy Cooking and Cleaning

Turn on your range's ventilation hood while cooking to control smoke, excess moisture, and other pollutants released into the air while preparing food. Weigel says you should also turn on your range hood or open a window when using household cleaners, which often contain harsh chemicals that can circulate into the air.

How to Use Household Machines for Better Indoor Air Quality

Specific machines can also help us breathe easier indoors, but having an air filter doesn't mean your indoor air quality will be perfect. Mold, dust, and other allergens can accumulate in your air conditioner, humidifier, and air filter and pollute the air you breathe. Here's what you need to know to keep these devices clean, efficient, and effective.



Air Conditioners

What they do: As anyone who lives in a warm-weather climate knows, air-conditioning is a must-have for summertime comfort. Besides cooling the air inside your home, air conditioners also remove moisture so you feel less hot and sticky.

How to use them effectively: To cool down the entire house, central air-conditioning is usually the most effective way to go. Be aware, though, that when temperatures are mild, your air conditioner might not be running enough to actually remove moisture from the air, Van Deventer says. Additionally, a central air conditioner that's too powerful for the size of the house will cool the air down quickly but won't have a chance to adequately remove moisture. If you just want to cool a single room, a less expensive option is a window-mounted air conditioner.

Air Filters

What they do: Air filters remove irritants such as mold spores, pet dander, candle and cigarette soot, and even skin cells from the air, making indoor air quality better and easier to breathe, especially for people who have allergies. "Simply opening up a window allows for air exchange, but keep in mind it does nothing to filter out the air and other harmful allergens or asthma triggers that could intrude into your home," Van Deventer says. A filtered ventilator is the best way to bring fresh air in and expel polluted air outside.

How to use them effectively: High-efficiency particulate air (HEPA) filters generally cost more than ionic filters, but HEPA filters are more efficient at removing all of the airborne particles, says Jay Portnoy, M.D., chief of pediatric allergy & immunology, telemedicine at Children's Mercy Hospital in Kansas City, Missouri. He says the best way to filter air for the whole house is with a filter placed in the furnace. (In desert regions, the filter may be attached to the air conditioner as part of an electric heat pump.) Be sure to leave the system's fan running even if the heat is not on to allow the filter to do its job.

Air Purifiers

What they do: Similar to air filters, air purifiers work to sanitize the air by removing contaminants that may cause odors or make us sick. These stand-alone devices include a filter to capture dust and other

allergens and a fan to push clean air back into the room. Some also use ultraviolet light to help trap and kill airborne pathogens such as bacteria and mold and improve indoor air quality.

How to use them effectively: Standard air purifiers work best in small, closed rooms and are generally not effective for improving air quality across an entire home. However, large-room air purifiers do exist and can help eliminate allergens in bigger spaces.

Humidifiers

What they do: Does walking on your carpet give you an electric shock? Those sparks are an indicator that the humidity level in your home is too low. A humidifier can counteract this by adding moisture to the air.

How to use them effectively: Most people rely on stand-alone humidifiers to add moisture in individual rooms, which is fine if you can't attach a unit to the furnace. However, according to Portnoy, the most effective way to humidify the whole house is usually with an evaporative model that can be placed in your central furnace. To give the humidifier enough time to improve indoor air quality, you may need to leave the fan running even when the heat is off.

Safety alert: Without regular cleaning, humidifiers can shoot bacteria and mold into the air. Be sure to follow the proper instructions for cleaning a humidifier and fill it with fresh water daily.

5. Tried-and-True Cleaning Tricks That Actually Work, According to Pro Housekeepers

Given how often your home requires cleaning, it's worth taking some time to brush up on essential tips and tricks that experts rely on to help streamline your process.

Below, we're sharing five useful pieces of advice from pro cleaners. They chime in on some of their favorite cleaning materials to keep on hand, including household items that you likely already own but are underutilizing, and also provide key suggestions for making the cleaning process more efficient.

Work Your Way Down

Wondering where to start when it's time to do a full room (or house) deep clean? You'll always want to start at the highest point of a room and work your way down when cleaning, Katie Lambert, the owner of Clean Queen Denver, says.

"We always start with an extension pole and high duster to dust ceilings for cobwebs, ceiling fans, light fixtures, and vents first," she says. "Then, work your way down to wall hangings, shelves, and counters."

Tackle floors last, she advises, adding that starting at the back of the house and working your way forward is always best as well. This way, you won't step over the already cleaned floors, Lambert says.

Make Use of Microfiber Cloths

Microfiber cloths are a "game changer" when cleaning, Vanessa Terra, the founder of GreenTerra Cleaning, says.

"Unlike traditional cloths, the fine fibers in microfiber are designed to trap dust, dirt, and bacteria, making them incredibly effective for wiping surfaces," she says.



Terra appreciates that they can be used dry to dust surfaces or wet to wipe them and always result in a streak-free finish on all kinds of material. An extra bonus of microfiber cloths? They're eco-friendly. Terra explains how they're both durable and reusable which means less waste and more savings over time.

Always Keep Baking Soda and Vinegar on Hand

These two pantry staples will come in handy time and time again as you clean, Terra notes.

"When combined, they create a powerful cleaning agent that can tackle tough stains, grime, and odors," she says.

Terra likes to use this non-toxic cleaner when addressing sinks, countertops, the inside of ovens, and more and appreciates how affordable these ingredients are to purchase. Baking soda can be beneficial in other ways as you tackle your space.

Eliana Coca, owner of E.C. House Cleaning, suggests sprinkling some baking soda on carpets before vacuuming to neutralize unwanted odors. She recommends mixing a few drops of essential oils like lavender and eucalyptus for an extra boost.

Don't Forget About Lemons

Lemons are a grocery store staple but aren't solely for the kitchen; in fact, they can work wonders as you clean your home given that they have antibacterial properties, Terra explains.

"Lemons provide a natural, pleasant scent while their acidity cuts through grease and grime," she says. "They're an eco-friendly and cost-effective cleaning solution that can replace synthetic cleaners."

Use lemons to scrub cutting boards, sinks, faucets, and more. Terra recommends placing a few slices of lemon in a bowl of water and microwaving it for a few minutes to make it smell fresher and easier to wipe down the interiors.

Another handy trick is to use them to polish copper and brass by sprinkling some salt on the cut side and rubbing it thoroughly on the metal.

Deal With Pet Hair Like a Pro

Wondering how pro cleaners are so skilled at removing all of that pet hair from your furniture?

Lambert explains how a wet rubber squeegee can get into tough nooks and crannies where the fur is stuck over a traditional vacuum. Grab one of the aforementioned microfiber cloths to re-wet your squeegee as needed, she adds.

Keep Kids' Areas Clean

When working to disinfect kids' toys and high-touch areas—think door knobs and light switches—Coca swears by a solution of 70% isopropyl alcohol to really get rid of any grime.

"It's quick-drying and effective against germs," she says.

6. How To Safely Handle Cleaning Chemicals In Your Home?

Cleaning chemicals are one of the key components in removing stubborn stains, buildup grease, grime and gunk from different surfaces. The market is loaded with hundreds and thousands of fancy products that claim to achieve sparkling results without much elbow grease.

The duo of cleaning products and a scrubbing tool can help transform dirty surfaces into spotless beauty. They can clean and disinfect your home in a breeze.

However, traditional cleaning chemicals, such as ammonia, bleach, acids, sodium hydroxide, acetone, etc., lead to various health hazards. They are the major contributors to indoor pollution, respiratory disorders, and carbon deposits. Thus, it becomes imperative to strictly adhere to the usage instructions written on the label and keep them away from children and pets.

Today, we will share useful tips and tricks to safely handle cleaning chemicals in the home. During the house cleaning session, this guide will help you avoid chronic diseases, chemical burns, damages, and other potential disasters

Let's Get Started!

1. Always Wear Protective Gear When Using Cleaning Chemicals

Face masks, rubber gloves and other protective gear can be a barrier between you and chemically laden cleaners.

Many toxic ingredients, such as ammonia and bleach, can irritate your skin, while toxic fumes can affect your upper respiratory system. Experts also take extra precautions and wear your protective gear and goggles when performing the best Vacate Cleaning Perth.

Do the same and stay safe while removing stains using cleaning chemicals.



2. Read The Label Carefully

Whenever using store-bought cleaners, carefully read the labels and follow safety precautions. This will help you understand important details about the solvent, such as the usage instructions, safety measures to take, the expiry date, and what to do if an accident occurs.

3. Open the Doors and Windows for Proper Ventilation

When applying cleaning chemicals to treat mould and stubborn stains, it is good to keep your doors and windows open.

Make sure you clean your air vents to ensure proper ventilation. This can prevent the buildup of indoor air pollutants, such as Volatile Organic Compounds and toxic fumes, reducing the risk of allergies and respiratory disorders.

4. Use the Diluted Form of Cleaning Chemicals

Using chemically laden cleaning products without properly diluting them can pose several potential risks. When diluting chemical products, refer to the manufacturer's guidance and follow the instructions on the label.

Proper measurement is necessary and you should always add water to the spray bottle first. This will prevent a hazardous reaction when water is added to concentrated chemicals. After that, slowly and gently add the cleaning product. Stir the solution and apply it to the affected area.

Tip: Never shake the container which could cause splashing or producing volatile fumes.

5. Don't Buy Cleaners in Aerosol Spray Form

Of course, aerosol sprays are super-easy to use, but they contain a high concentration of volatile organic compounds. Frequent usage can pollute the indoor air and cause respiratory problems, such as coughing, sneezing, etc. It can even trigger serious problems, such as asthma and allergic symptoms.

Therefore, it is good to make smart choices and use solvents or diluted chemical cleaners instead of aerosol spray. Professional cleaners may use aerosol spray during budget vacate cleaning Perth but also wear protective gear as a preventive measure.

6. Never Mix Different Cleaning Chemicals

Remember that mixing certain household cleaners can produce chemical reactions, leading to toxic fumes and burns. If you inhale these fumes, it could cause eye irritation, breathing difficulty, coughing, lung damage and even death.

So, don't think mixing two cleaners can make your work easier or more effective. Instead, focus on using the right cleaners for different stains and grime. Have a look at the list of chemicals you should never mix:

Ammonia + Bleach= Mixing these two cleaners can produce chloramine fumes that can cause respiratory issues.

Bleach + Store-bought toilet cleaners= It can release chlorine gas that can be dangerous too.

Vinegar+ Bleach= It can be highly toxic and damage the surface.

Bleach + Lye or Sodium Hydroxide= It can cause explosive reactions.

Rubbing Alcohol + Bleach= Combining these two household chemicals can produce peracetic acid and cause skin and eye irritation.

Instead, you can use single products, such as Windex to clean surfaces and achieve sparkling results.

7. Use Eco-Friendly Alternatives: Vinegar, Rubbing Alcohol, Baking Soda & Lemon

Despite following all safety precautions, there is always a risk of using store-bought cleaning chemicals in a home. It can cause harm to your kids, pets, allergy-prone individuals and seniors. Exposure to chemicals can also pollute the waterways and produce greenhouse gas emissions. So, here are some of the best alternatives to cleaning chemicals. These are environmentally friendly, super-effective and affordable:

White Vinegar: It has acidic properties and can remove stubborn stains, soap scum, grime, grease and spills from almost all surfaces (except natural stones). Use it in a diluted form for better outcomes.

Baking Soda: It is the most versatile cleaning solution that can clean, disinfect and deodorise surfaces without leaving toxic fumes behind. Use it in a paste and powder form.

Hydrogen Peroxide: Dilute 3 per cent hydrogen peroxide in warm water to tackle mould, mildew, rust stains, and other tough stains.

Lemon: It is a natural disinfectant and de-greaser. Use the lemon juice or scrub it over the contaminated surfaces for desired results.

Castile Soap: is a plant-based cleaning solution that can help you remove stains and grime from floors, hardwood surfaces, and other surfaces. It is a safe and eco-friendly alternative to cleaning chemicals.

Tip: You can also use essential oils and coffee grounds to deodorise trash cans and other areas naturally.

8. Properly Store Chemically-Laden Products

This is one of the key aspects that will prevent potential health hazards while maintaining the shelf-life of store-bought products. According to Vacate Cleaning Perth professionals, you should always keep cleaning chemicals or DIY solutions in a cool, dark and dry place. It should be away from the sunlight. So, keep it in a storage space or a cleaning caddy.

Tip: Never leave cleaning chemicals in jars and bottles with open lids. Plus, keep these hazardous products away from pets and kids.

The ease of availability and effective results are key features influencing people to buy cleaning chemicals. They can save you time and energy while maintaining a clean home. However, you must use them carefully to prevent chemical exposure, potential accidents and other health hazards when sprucing up your home

7. Conclusion

In conclusion, building a healthier home environment in Perth is all about making mindful choices that enhance both your family's well-being and the planet. By focusing on clean air, non-toxic materials, proper ventilation, and sustainable practices, you can create a space that promotes health and comfort. Small changes, like using HEPA-filtered vacuums or opting for eco-friendly products, make a big difference over time.

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