

## Why Clean the Eco Friendly Way?

In recent years as more businesses, organisations and households seek ways to reduce their environmental impact, using Eco Friendly products is a logical way to help in this endeavour.

Eco Friendly Cleaning (often referred to as Green Cleaning) usually involves products that are derived from either natural materials, plant based ingredients and/or are quickly biodegradable. Other options are products that use Eco friendly ways of packaging and waste disposal.

Other Eco Friendly cleaning methods target systems or cleaning practises that use less energy or less frequency or produce less overall waste.

**Eco friendly cleaning has many attractive features:**

### ❖ More environmentally friendly

- Choosing products with Eco friendly ingredients is often the most obvious route to “Green” cleaning that people choose. Eco friendly ingredients can be natural or plant-based ingredients but often overlooked are products that are “enzyme” based. These usually mean the cleaning action needs to be done at quite periods and contact times for the cleaner to work are longer as these “Live” type ingredients needs to activate over prolonged periods – they are not a quick spray and wipe type application.
- Advancements in the development of high-quality eco-friendly cleaning products are now available that are free from more toxic type chemicals and pollutants and have less impact on sensitive environmental discharge.
- Green cleaning particles can help reduce water and energy consumption and the overall amount of waste produced as they often require no rinsing.

### ❖ It can improve indoor air quality

- Poor indoor air quality can lead to some health problems such as headaches, dizziness, nausea and respiratory problems.
- Green cleaning can help by reducing the amount of dust, pollen and other allergens in the air.
- Generally, Eco friendly products release fewer harmful and allergen inducing pollutants in the air.

### ❖ It reduces exposure to harmful chemicals

- Many traditional cleaning products contain toxic chemicals such as ammonia and other volatile organic components which can cause health problems.
- Green cleaning products have far fewer harmful chemicals which can cause skin irritations & allergic reactions.

## How to switch to Eco-friendly cleaning products

Start slowly, you don't need to switch all of your cleaning products at once. Begin by swapping one or two products, understand how best to use them and gradually add more as green cleaning becomes your cleaning method of choice.

Remember that Eco friendly cleaning is different from sanitising or disinfecting where traditional highly active biocides are necessary to kill bacteria.

Educate your employees about green cleaning by making sure everyone understand the benefits and how to use eco-friendly products properly. By supporting companies that prioritise sustainability, we encourage others to promote a

greener and cleaner world.

Finally, lots of companies sell Eco friendly “Green” Cleaning products – the most important thing is to make sure that the claims made for the products you purchase are backed up by credible documentation. **Products supplied by Hygiene4less** are proven environmentally friendly and have excellent “Green” credentials.

To see our range, Click here: <https://www.hygiene4less.co.uk/product-tag/eco-and-environmentally-friendly/>