

Hunter Best Cleaning Shares the Dirtiest "Clean" Places in the Home

Written by Australian Business

LOS ANGELES, CA, September 20, 2013 /24-7PressRelease/ -- Renowned residential and construction cleaning company,

[Hunter Best Cleaning](#)

shares secrets on the most unexpected, dirtiest places in the home, as discussed in an NBC News feature. The

[article](#)

sheds light on the germs hiding, not in toilets or garbage cans, but in items designed to keep the home clean.

One of the biggest offenders in home cleaning is actually the washing machine. Even when clothing appears to be free of stains and is not teeming with food crumbs or dirt, it can still spread undesirable particles around the appliance. Charles Gerba, Ph.D., explains that, "If you wash a load of undergarments, you transfer about 500 million E. coli bacteria into the machine." This spreads contamination far beyond the clothing item the bacteria is found on, and can infect the entire load of laundry.

As highly acclaimed cleaners, the experts at Hunter Best share their own experience with these dirty "clean" appliances. "We often see neglected washing machines and cleaning appliances," said a representative, "and customers are always surprised to learn that machines that are meant to clean are actually some of the dirtiest."

The article suggests washing white clothing first, and using a bleach product to kill germs on the garments. Gerba explains that by using bleach first, users can sanitize the washing machine prior to introducing other articles of clothing. He then recommends washing undergarments in water, at least 150 degrees Fahrenheit, with a color-safe bleach alternative. Since undergarments are the biggest villains in clothing contamination, the hot water and bleach substitute can help prevent the spread of germs, as well.

Gerba also recommends a once-a-month cleaning regimen. He recommends running an empty wash cycle with a dose of bleach in the machine, and warns that front-loading machines are particularly susceptible to bacterial buildup.

The article also names dishwashers as a bacterial breeding ground. Director of Microbiology and Immunology at the NYU Langone Medical Center, Philip Tierno Jr., Ph.D., explains this further. Tierno says, "When you allow dishes to accumulate for a few days, growth of bacteria invariably increases." As author of *The Secret Life of Germs*, Tierno goes on to explain, "even if you can't see it, there is viable foodstuff in the rinse water to feed them."

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To avoid this, the article suggests rinsing plates with diluted bleach first. Mix a single shot glass of bleach with a half-quart of water to eliminate bacteria on the surface of your dishes. When this is used, dishes can safely sit in the dishwasher between uses.

The third biggest offender in the article is the toothbrush. A study conducted in 2011 discovered that brand new toothbrushes contained bacteria even before their first use. "Your mouth contains more than 500 different types of bacteria," Tierno explains. So it comes as no surprise that after using the toothbrush, the amount of bacteria increases exponentially.

Add that contamination to the aerosolized water and bacteria from toilet bowls flushing, and toothbrushes are quickly overwhelmed with germs. To avoid further bacterial contamination, and to keep toothbrushes safe, the article recommends cleaning toothbrushes in a sanitized dishwasher.

The last great clean offender in the article is the sponge. Hunter Best Cleaning concurs with Tierno in saying, "The sink is the dirtiest area in the kitchen, and the sponge is the dirtiest item in the sink."

Surprisingly enough, a Simmons College study revealed that nearly one-third of sponges and dishrags tested contained staph, including MRSA, the strain of staph that is unresponsive to antibiotics. Not only were these items contaminated, but also they had more than twice the level of bacteria than toilet bowls swabbed for the study.

Although products in homes are designed to keep residents clean, they can contain the highest rates of bacteria in the house. Hunter Best Cleaning recommends deep cleaning with environmentally-safe products to ensure a safe, healthy and happy home life.

ABOUT:

Hunter Best Cleaning is a Los Angeles-based cleaning services company that has delivered high quality services to clients for over 25 years. The company offers both residential and commercial cleaning services, including after-party cleaning to in-depth spring cleanings. Hunter

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Best relies on green products and environmentally conscious methods and is certified to work with LEED construction projects.