

Custodial/Maintenance Staff Newsletter



Spring Holidays

April 6—10 —Spring Break
May 25—Memorial Day

Maintenance and custodial are
off on April 10 and May 25.



Remember to “spring
ahead” on March 8, 2015
at 2 a.m. or the night
before.

Helpful Tips!

Unfortunately, many of the store bought [cleaning products](#) under your sink contain chemicals and additives that have been proven to have negative effects on your health as well as the environment. Luckily, there are many safe, effective (and edible!) cleaning supplies already in your pantry. The following is a quick look at the best [natural cleaning products](#).

Baking Soda

Baking soda has been known as an all-purpose cleaner for generations. It does a fantastic job on glassware, coffee pots, and even on the removal of red-wine spots from carpet. It also gets rid of stains from saucers, cups, and stainless steel, leaving them sparkling clean.

(Continued on page [three](#))

Spring , 2015

Volume 13 — (March — May) Circulation—95

The Discipline of Cleaning

Do you have what it takes to be a true cleaner?

Note: This article is so good it was reprinted here in its original format.

By [Lynn Krafft, ICAN/ATEX editor](#)

DECEMBER 29, 2014

[ORIGINAL ARTICLE LINK](#)

If the first thought that comes to your mind when you read the word “discipline” is that time your mom made you clean your room because you had misbehaved, you are thinking in terms of the common use of the word discipline to describe punishment.

Maybe your mom’s approach was effective when it came to attitude improvement, but in the cleaning industry, we want the word discipline to mean self-controlled behavior, i.e., “discipline” from within. And it should not call to mind any sort of punishment.

Rather, the meaning of the term in this context is, “Training that is expected to produce a specified character or pattern of behavior” or the “Controlled behavior resulting from such training.”

Cleaning technicians are especially in need of this training-focused self-discipline because they often work without direct supervision, constantly making decisions that are based on factual observation and known cleaning principles. Their approach to the work must not be casual or nonchalant. Competent cleaning is not a casual pastime; it is a discipline. Let’s review three of the prime development areas involved in developing this discipline.

Self-Esteem

First on the list is the essential discipline of developing confident self-esteem. The custodian must view the work as skilled and essential. When cleaning is done properly, the removal of unwanted soiling conditions eliminates the habitat of microorganisms, thereby reducing possible health risks from these.

If ever there was proof of the importance of proper cleaning—and those who perform it—it is now amidst such deadly communicable disease outbreaks as the Ebola virus. Cleaning also increases safety—clean floors are safer to walk on—while it enhances the appearance of the facility and extends the life of all surfaces.

No matter what others may think or believe about cleaning, the successful cleaning technician will have developed a true appreciation for his or her skills and the work’s contribution to the well-being of others.

Powers of Observation

Acute detection skills are not found in all persons. Sherlock Holmes was a standout due to his unique ability to observe details and make accurate deductions based on them. Cleaning technicians need these same abilities in soil detection, and this, too, is a discipline they must work to cultivate.

The least costly and most effective manner of fulfilling the cleaning task is to look closely at all surfaces, find and identify the unwanted substances, choose the correct removal technique, and then implement it. This blemish detection is properly called “indication cleaning” because when an unwanted substance is found, it indicates the best method of cleaning.

For example, some indicators require only dry cleaning (without solvents, including water) such as:

(Continued on page [two](#))

(Continued from [Discipline](#))

- Dust—the most common unwanted substance due to its airborne nature
 - Lint—remnants from fiber source
 - Litter—scraps dropped that need to be picked up
 - Grit—sand and gravel tracked in from outside, especially near the entrances, that will soon destroy the floor finish.
- Wet cleaning indicators, or blemishes, that require water or other solutions include:
- Streaks and spots—smears on surfaces created by incomplete cleaning, such as when mopping with poor technique, or spots such as those left by beverage containers
 - Grime—gradual build-up on touched surfaces that need special cleaning effort
 - Film—almost opaque covering on window glass caused by smoking (less frequent now that smoking is prohibited in most buildings); the sedimentary deposits inside toilet bowls, often including heavy mineral deposits in hard-water locales that may require an acid to dissolve
 - Adhesives—unsightly tape remnants and chewing gum requiring removal with scraping and solvents.

These eight basic items cover 99.99 percent of the detectable surface blemishes that are indicators of the need for cleaning. They are not hard to remember. The disciplined custodian has developed powers of observation that allows her/ him to immediately identify the blemish and automatically select the most effective removal technique.

Motivation

Cleaning failures stem from two sources: the blemish was only partially removed or not enough effort was made to clean. Inner motivation—or drive to do what is needed when it is needed—is yet another discipline of the successful custodian. Without it, all the detection skills and self-esteem in the world will mean little. Cleaning is a discipline. Those who controlled behavior to become reliable cleaners can feel good about themselves and what they do.

Cleaning Concrete Floors



Concrete Floor Maintenance: Five Common Misconceptions

By Cleaning & Maintenance Management® Staff
JANUARY 28, 2015

As the use of concrete in commercial and residential buildings throughout North America continues to grow in popularity, maintaining the surface has become more of a challenge.

"Too often, we run into people who believe that once the concrete floor has been installed, it maintains itself," said Claudia Lezell, the standards hard surface division vice chair for the Institute for Inspection Cleaning and Restoration Certification (IICRC). "This couldn't be further from the truth."

The truth is that concrete floors require a lot more attention than flooring professionals may think. Here are five common misconceptions about concrete floor maintenance, provided by IICRC:

Misconception 1: You don't need chemicals to maintain concrete floors. No hard flooring surface cleans itself, including concrete. Chemicals are used to break down, remove, and clean dirt and debris. Concrete is exposed to the same dirt and debris as any other flooring, so it should be maintained in a similar manner.

Misconception 2: All concrete walking surfaces are created equal. Concrete is either coated or polished. Maintenance of coated concrete will come

With the new high school construction project just around the corner, a lot of things need to be considered about the cleaning of this new facility. One of the newest features that is being discussed and most likely implemented is polished concrete floors in the commons area. Since no other schools have this type of flooring, no one has had to clean it. To help, this article taken from CM e-News Daily provides some suggestions.

(Continued on page [three](#))



(Continued from [Concrete Floors](#))

down to the maintenance of the coating. For example, epoxies, urethanes, and acrylics have their own maintenance criteria. Polished concrete is maintained with abrasives. While much of the daily maintenance will be similar to other hard floor surfaces, you need to consider the coating before developing a comprehensive maintenance program.

Misconception 3: Cleaning staff know how to clean concrete floors. Depending on who handles cleaning and maintenance responsibilities, there's a good chance that someone with little to no experience with concrete floors is cleaning them. Before you let anyone clean your floors, make sure they have the knowledge and expertise for the job.

Misconception 4: Concrete floors will last just as long without any cleaning or maintenance.

If the concrete is coated, the longevity of the floor is dependent on the quality of the coating and how it is maintained. If the concrete is mechanically polished, the longevity depends on the methods and how well those methods were executed during the process of polishing. A properly polished concrete floor with bonded abrasives will require less maintenance and a longer time period in between restorative procedures than traditional flooring surfaces.

Misconception 5: Soil loads and the type of soil do not impact how a concrete floor is cleaned. A concrete floor is no different than any other hard floor surface. The amount of soil and the type of soil will dictate the frequency and type of cleaning procedures.

Source: IICRC

Hillyard and Walter E. Nelson Provide Some Training

On Friday, February 20, Walter E. Nelson (Wenco) and Hillyard provided some basic training on restroom cleaning and the use of some of Hillyard's cleaning products that are being implemented in the district custodial department.

For years a move toward standardization of chemicals has been proposed to cut costs and to make cleaning easier. Now, with new laws coming into play by the government for hazard communication across the board for manufacturers, chemical companies and end users, this standardization will create a workplace that is safe and easier to manage.

Curt Bowdish, the rep for Wenco, helped with the training which was held in the library at Shadow Lake Elementary. Curt has been around the district for years and goes out of his way to provide good service and support for cleaning and questions.

This move toward a universal program of cleaning chemicals will affect all custodians and custodial subs who will be required to meet the new certification for hazard communication.

Cody Bowden of the maintenance department also spent a few minutes sharing tips and tricks of door issues and how to address or adjust them along with some thoughts on locks and other door hardware.

The training lasted about 1.5 hours and was attended by several custodial employees.



Olive Oil

(Continued from [Tips](#))

Coarse Salt

Use coarse salt to scrub copper pans and scour cookware. Simply sprinkle salt directly onto the cookware and wipe clean. For more [stubborn stains](#), apply the salt, then squirt lemon or lime over the area. Wait several hours, and rinse clean.

Use olive oil to polish wood furniture or lubricate squeaky door hinges. You'll notice the results immediately.

Boiling Water

Use hot water on a weekly basis to flush away dirt in your drains. This helps avoid clogs and build-ups that may end up being costly to fix.

Essential Oils

Mix essential oils like rose, lavender or tea tree oil with water, and then spray the solution on bathroom and kitchen surfaces. Their anti-bacterial properties ensure your surfaces are clean and your family is healthy.

Ideally, the kind of cleaning products that you use should be nontoxic, efficient, and effective. Natural cleaning products are therefore the healthiest tools in keeping your home immaculately clean and healthy.

Taken from:
cleaning.lifetips.com

Measles!

Provided by Coastwide Labs, Inc.

General Information

Measles is a respiratory disease caused by a virus. The disease of measles and the virus that causes it share the same name. The disease is also called **rubeola**. Measles virus normally grows in the cells that line the back of the throat and lungs.

The measles virus is an enveloped virus (100–200 nm in diameter), with a core of single-stranded RNA. Two membrane envelope proteins are important in pathogenesis. They are the F (fusion) protein, which is responsible for fusion of virus and host cell membranes, viral penetration, and hemolysis, and the H (hemagglutinin) protein, which is responsible for adsorption of virus to cells. There is only one antigenic type of measles virus. Measles virus is rapidly inactivated by heat, light, acidic pH, ether, and trypsin. It has a short survival time (less than 2 hours) in the air or on objects and surfaces.

Measles is very rare in countries and regions of the world that are able to keep vaccination coverage high. In North and South America, Finland, and some other areas, endemic measles transmission is considered to have been interrupted through

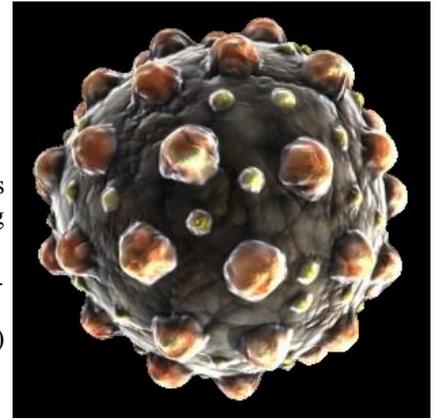
(Continued on page [four](#))

(Continued from [Measles](#))

vaccination. There are still sporadic cases of measles in the United States because visitors from other countries or US citizens traveling abroad can become infected before or during travel and spread the infection to unvaccinated or unprotected persons.

Worldwide, there are estimated to be 20 million cases and 164,000 deaths each year. More than half of the deaths occur in India.

People who do not have immunity to measles (not vaccinated or who never had measles) are at an increased risk of being infected when exposed to a person with measles.



Symptoms

The symptoms of measles generally begin about 7-14 days after a person is infected, and include: blotchy rash, fever, cough, runny nose, red, watery eyes (conjunctivitis), feeling run down, achy (malaise), tiny white spots with bluish-white centers found inside the mouth (Koplik's spots). A typical case begins with mild to moderate fever, cough, runny nose, red eyes, and sore throat. Two or three days after symptoms begin, Koplik's spots may appear inside the mouth. Three to five days after the start of symptoms, a red or reddish-brown rash appears. The rash usually begins on a person's face at the hairline and spreads downward to the neck, trunk, arms, legs, and feet. When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit. After a few days, the fever subsides and the rash fades.

Complications

About one out of 10 children with measles also gets an ear infection, and up to one out of 20 gets pneumonia. About one out of 1,000 gets encephalitis, and one or two out of 1,000 die.

While measles is almost gone from the United States, it still kills nearly 200,000 people each year around the world. Measles can also make a pregnant woman have a miscarriage or give birth prematurely.

Transmission

Measles is highly contagious and can be spread to others from four days before to four days after the rash appears. Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected with the measles virus.

The virus lives in the mucus in the nose and throat of the infected person. When that person sneezes or coughs, droplets spray into the air. The droplets can get into other people's noses or throats when they breathe or put their fingers in their mouth or nose after touching an infected surface. The virus can live on infected surfaces for up to 2 hours. Measles is a disease of humans; measles virus is not spread by any other animal species.

Prevention

Vaccination

Measles can be prevented by the combination MMR (measles, mumps, and rubella) vaccine. In the decade before the measles vaccination program began, an estimated 3-4 million people in the United States were infected each year, of whom 400-500 died, 48,000 were hospitalized, and another 1,000 developed chronic disability from measles encephalitis. Widespread use of measles vaccine has led to a greater than 99% reduction in measles cases in the United States compared with the pre-vaccine era, and in 2009, only 71 cases of measles were reported in the United States.

However, measles is still common in other countries. The virus is highly contagious and can spread rapidly in areas where vaccination is not widespread. It is estimated that in 2008 there were 164,000 measles deaths worldwide—that equals about 450 deaths every day or about 18 deaths every hour.

Each year, on average, 60 people in the United States are reported to have measles. But, in 2011, the number of reported cases was higher than usual—222 people had the disease. Nearly 40% of these people got measles in other countries, including countries in Europe and Asia. They brought the disease to the United States and spread it to others. This caused 17 measles outbreaks in various U.S. communities.

Measles was declared eliminated from the United States in 2000. So, the disease no longer spreads year round in this country. But, the disease is still common throughout the world, including some countries in Europe, Asia, the Pacific, and Africa. Anyone who is not protected against measles is at risk of getting infected when they travel internationally. They can bring measles to the United States and infect others. Unvaccinated people put themselves and others at risk for measles and its serious complications.

Environmental Hygiene

The virus can live on infected surfaces, in the air, or on objects for up to 2 hours and spreads so easily that people who are not immune will probably get it when they come close to someone who is infected.

Environmental surfaces should be properly cleaned using a disinfectant that is effective against enveloped viruses.