Cleaning Best Practices in Commercial Kitchens
Starts with Keeping Cleaning Tools Clean

Bacterial Infections and the Cleaning Connection

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Clean Canada is the marketing vehicle of ISSA Canada and is circulated to all ISSA Canada members. The e-newsletter is intended to provide news and views from the industry, as well as highlight upcoming educational opportunities and networking events being held across Canada. Clean Canada is published four times per year – Winter (January), Spring (April), Summer (July) and Fall (October).

ISSA Canada is the body formed by the merger of ISSA, the worldwide cleaning industry association, and the Canadian Sanitation Supply Association (CSSA) in May 2017. The purpose of ISSA Canada is to provide the industry and its members with a high degree of professionalism, technical knowledge and business ethics.

ISSA Canada’s mission is to reach out to all sectors of the Canadian cleaning industry in order to unify the nation’s cleaning community, and increase the appreciation for cleaning as an investment in human health, the environmental and an improved bottom line.

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The real issue is that these infections have historically been very easy to treat. What has been “easily and quickly cured with a simple course of antibiotics” now often leads to “graver diseases and hospitalization,” Richtel writes. He points out how one 38-year-old woman, who reported she has had several urinary tract infections over the years, found they traditionally went away in just a matter of days after taking antibiotics. Recently, however, she had to test several different medicines, taking each one for several days, looking for one that still works.

In another case, reported in Canada’s Globe and Mail newspaper, a Toronto woman who has had five urinary tract infections in her life says she must now take several different antibiotics until she finds one that will work. According to the article, “they [the infections] keep coming back. It feels like it might be the same one again and again, [and] it’s a worry.”

Some experts believe it is more than just a worry. “This is crazy. This is shocking,” says Lance Price, director of the Antibiotic Resistance Action Centre at George Washington University. So, what’s going on here?

This is the latest example of how bacterial infections are becoming resistant to many types of commonly-used antibiotics – antibiotics that have historically been very effective. This problem has become so prevalent in the New York City area that the New York City Department of Health has introduced an app that gives doctors and nurses access to a database of different types of urinary tract infections, and the drugs they are resistant to. The app helps end much of the experimentation currently going on, looking for a drug that works.

We should add one more thing: don’t expect any new antibiotics to be introduced anytime soon. “Big Pharma has basically given up on antibiotics,” according to a Forbes magazine article published August 18, 2017. “It’s not that the risks are too high; it is that the rewards are too low.” In other words, all the time and research typically needed to introduce a new antibiotic simply does not pay off.1

**THE CLEANING CONNECTION**

If more infections are becoming...
I SS A Canada is pleased to announce that the dates for ISSA Show Canada have been announced. The 2020 edition of the one show for facility solutions in Canada will be June 9 to 11, 2020 (Exhibits: June 10 & 11) at the Metro Toronto Convention Centre, 255 King St. W., in downtown Toronto, ON.

“We are committed to uniting the industry and raising the bar in order to achieve healthier and sustainable buildings,” says Mike Nosko, ISSA Canada Executive Director. “After last year’s outstanding debut event, ISSA, IFMA and the REMI Network are planning to elevate the standards of professionalism in the cleaning industry even further, and the robust education program planned for ISSA Show Canada 2020 will deliver on that commitment, resulting in more knowledgeable and better-trained cleaning staff.”

ISSA Show Canada is the result of a partnership between ISSA, IFMA and MediaEdge’s Real Estate Management Industry (REMI) Network. The goal of the show is to provide a platform to connect like-minded industry professionals focused on keeping buildings clean, green, and operating in a sustainable and energy-efficient fashion.

The trade show floor offers a platform for facility, property and operations managers to meet leading suppliers of cleaning products and services, keep up with market trends and share experiences with their industry peers – professional development to benefit their building, staff and tenants.

More details on exhibitor opportunities and educational programming will be available soon.

For more information on ISSA Show Canada, please visit www.ISSAShowCanada.com, or contact Mike Nosko, ISSA Canada Executive Director at mike@issa-canada.com.

Bacterial Infections and the Cleaning Connection

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drug-resistant and pharmaceutical companies are backing away from introducing new ones, what are our options?

As it turns out, the most important and effective option we have may be the Canadian cleaning industry. While effective cleaning may not reduce the number of urinary tract infections, many of the more common bacterial diseases contracted by children and adults alike are the result of touching contaminated surfaces, and then touching the eyes, mouth or nose, or getting that contamination on food that is later consumed.

Compounding the problem, one individual may touch a contaminated surface, and then touch other surfaces as well as other people. This is one of the most common forms of cross-contamination. Helping to prevent this comes down to using effective cleaning methods, tools and products.

As to antibiotics, Canadian cleaning professionals must have a solid understanding of what DIN (Drug Identification Number) is all about, and what to look for when selecting a disinfectant. In most cases, a wide- or broad-range disinfectant will be needed because it is tough to determine precisely what pathogens might be on the surface.

Beyond this, cleaning workers must understand the basics of using disinfectants. Among these are the following:

• Use disinfectants only when and where needed. Some pathogens are becoming resistant to some disinfectants, just like the antibiotics mentioned earlier. Limiting their use will help slow or prevent resistance from developing.

• Clean surfaces first, before disinfecting. Often overlooked, this first step removes soils on the surface that can impede the effectiveness of the disinfectant.

• Once the disinfectant has been applied, allow the chemicals time to dwell. The best way to address this is to apply the disinfectant to several surfaces or fixtures at one time, and then wipe clean. If the disinfectant has dried, then it must be re-applied.

• As the disinfectant is used, quat binding can become an issue. This is when the quats (quaternary ammonium compounds), which provide the killing power in disinfectants, are absorbed into the cleaning cloth. The antibiotic loses its efficacy as this happens. Prevent quat binding by spraying the surface to be cleaned and not the cleaning cloth; do not soak cleaning cloths in diluted buckets of water and disinfectant; and change cleaning cloths frequently.*

FINDING THE PATHOGENS

For the most part, with proper custodial training, and use of the most appropriate and effective cleaning solutions and products, we have the cleaning part down. The professional cleaning industry in Canada can and does help prevent the spread of disease.

However, the issue that must still be addressed is finding these pathogens. Traditionally, it has been like stabbing in the dark, according to Brad Evans, CEO of OptiSolve, a surface assessment tool that quickly uncovers hidden pathogens on surfaces. “Not knowing is a major problem.”

Research by an undergraduate student at the University of Wisconsin illustrates this point. The researcher was looking at areas within a school where different types of pathogens are more likely to be found. They also tested surface areas such as bathroom sinks, doors and hall passes given to students, parents, teachers and visitors to the school. They suspected the hall passes would be contaminated, they just weren’t sure of what types of contaminants and in what amounts. It turned out the counts were very high. Altogether, the study found more than 18,000 colony forming units (CFU) of bacteria on the hall passes, sinks and doors, many of which were potentially health threatening.**

“One of the big advances in recent years to help address this situation and uncover pathogens has been the use of ATP (adenosine triphosphate) monitoring systems,” Evans says. “However, we now know these [systems] have drawbacks.”

Evans points out that custodial workers typically use ATP to test specific surface areas that they suspect house pathogens. “However, pathogens may be a few inches away from these areas and can
When it comes to the proper and effective cleaning of commercial kitchens, we often find that cleaning tools – the items we use to help keep the kitchen clean and healthy – are the very items that can spread disease. According to a 2007 report by the Joint Institute for Food Safety and Applied Nutrition:

“Cleaning tools can be a significant source of microbial contamination [in commercial kitchens] if not cleaned. Cleaning tools like brooms, mops, squeegees, buckets, sponges, scrapers, foaming equipment, water guns, etc., should be cleaned and sanitized... [and] stored clean, dried and secured.”

Keeping cleaning tools clean and sanitized is always an issue in all kinds of facilities. If for no other reason, the cleaner the tools, the more professional the cleaning worker looks. But, it is an especially pressing issue when it comes to cleaning a commercial kitchen.

For example:
• Raw meats, fish, and poultry and the juices produced by these food items can breed many pathogens until adequately cooked. These fluids often find their way on to cleaning tools during the cleaning process.
• Similarly, fruits and vegetables, depending on where they are grown, can be a source of pathogens until effectively cleaned or cooked. These food items can also contaminate cleaning tools.
• Cleaning tools collect soils and contaminants. This means, as they are used, instead of removing, they can spread these contaminants to other areas of the kitchen.

In fact, it is such a concern in food processing facilities, that surfaces are always being tested to see if pathogens – or potential pathogens are present. They often do this by using ATP (adenosine triphosphate) rapid monitoring systems. While these monitors do not say what pathogens may be on a surface, a high ATP reading indicates cause for concern.

Further, earlier this year, the American Society for Microbiology, published a report suggesting that special “paper stickers,” are proving to be an effective way to determine if contamination exists on surfaces. The stickers absorb contaminants. While they still must be analysed in a laboratory or through a testing process, the entire procedure can be relatively fast and easy.

This means cleaning professionals should do all they can to keep restaurant and commercial kitchens as clean and healthy as possible, and it all begins with their tools. Here are some “best practices” and guidelines to follow:
• After each use, thoroughly clean tools to remove grease, oil, food residue and soils. Allow to air dry.
• Remember that when we clean and sanitize, or clean and disinfect cleaning tools, it is always a two-step process. We clean first to remove soils, and then sanitize or disinfect. The cleaning process helps the sanitizer or disinfectant work more effectively.
• If using a floor machine, clean and...
Cleaning Best Practices in Commercial Kitchens

Bacterial Infections and the Cleaning Connection

potentially be overlooked,” he said.

Further studies indicate that an ATP monitor can present different clean/reclean levels. This can happen as a result of the unit being used, how the user uses the swabs necessary to test surfaces and other factors.

“Surface assessment tools using imaging technologies are designed to paint a much broader picture of where pathogens are and in what amounts, so there is less confusion,” Evans says. “Once we know where they are, we can eradicate them with effective cleaning, keeping people and the facility much healthier.”

The term cleaning for health was introduced more than 20 years ago in the book Protecting the Built Environment: Cleaning for Health by Michael A. Berry, then a scientist at the University of North Carolina. The professional cleaning industry has been using this as a mantra ever since. Today, with antibiotic-resistant diseases becoming a growing problem, those words mean more than ever before. Fortunately, new technologies, effective cleaning products, and up-to-date cleaning methods are helping to ensure the industry is up to the job.

- Robert Kravitz is a frequent writer for the professional cleaning industry.

(1) “The Rise of the Urinary Tract Infection That’s Nearly Impossible to Treat” by Adriana Barton, The Globe and Mail; May 16, 2018
(2) “Why Pharmaceutical Companies Aren’t in a Rush to Address Increasing Antibiotic Resistance,” Forbes; (No author information provided); August 18, 2017
* Quat binding can occur in many ways. Presented here are some of the most common.
** Source: Zhicon Wang, “Potential Pathogens in the School Environment,” University of Wisconsin, 2007

disinfect the housing, shroud, wheels and squeegee, as well as the stem of the machine, after using. This applies to the hand-control area and cord as well.

- Never “mix use” cleaning tools; brushes, brooms, mops, even floor squeegees used in a restroom or the “front end” of a restaurant should not be used in the kitchen.
- If using a hose to spray down floors, walls, counters and other surfaces, rinse clean the hose and the sprayer control, and allow to air dry.
- Before using cleaning tools, first wash your hands and then put on gloves; this will help prevent soil on the hands from finding its way onto cleaning tools. It also protects the hands.
- Always store cleaning tools off the ground; this allows them to air dry more thoroughly, and prevents them from coming in contact with floor-surface moisture or soils.
- Never store cleaning tools near food preparation areas or where food is stored. Keep them separate and in a designated area.
- If possible, lock the storage area where cleaning tools are stored. During the course of the day, a kitchen worker may use a tool such as a mop or broom without cleaning it afterward. If contaminated, it can spread contaminants in the kitchen.
- If working with a cleaning cart, clean and disinfect the cart. Remove all supplies before cleaning. Pay special attention to cracks, crevices, joints, handles and the wheels of the cart. This is where soil and contaminants build up.
- Place cleaning chemicals on shelves, or even better, enclosed wire racks. The racks hold the containers in place, helping to prevent tipping and spills, which could cause chemicals to splash onto surfaces or food, in someone’s eyes or on a person’s skin.
- Because of language issues, develop a colour-coding system for each type of cleaning solution: degreasers, sanitizers, disinfectants and so on. These designated colours should also be on the shelves or racks on which these products are stored to avoid using the wrong product.
- Make sure cleaning solutions are kept in their original containers and are properly closed when not in use; this prevents airborne pathogens from potentially contaminating the solution.
- If mopping floors, change the mop head frequently and machine wash after each use; waiting to change the mop head once it looks soiled is too late. The mop pole and housing must also be cleaned and disinfected.
- Dish racks and towels, whether used by kitchen staff or when cleaning the kitchen, become highly-contaminated very quickly. They must be changed frequently and laundered after use. Sponges should not be used in commercial kitchens because they become heavily contaminated and hide soil.
- Always have two laundry bags at hand, one for clean dish rags and towels, and one for soiled dish rags and towels.
- Do not store filled trash liners near cleaning tools or closets where cleaning tools are stored.
- Pay attention to small cleaning items; for instance, dust pans can also be a source of contamination, along with small brooms and hand pads. Clean and disinfect the pan, and hose-off pads and brooms. Allow to air dry.
- Develop a cleaning tool cleaning and maintenance plan. This should be written down, implemented and displayed prominently in the kitchen. This ensures those in charge of cleaning are fully aware of their responsibilities.

When it comes to cleaning tools used to clean commercial kitchens, keeping them looking presentable means very little. Thorough and effective cleaning of the tools used in the kitchen is the best way to keep workers and consumers healthy. Cleaning professionals can never be too cautious when the health consequences can be so severe.

- Mike Watt is head of Training and New Product Development at Avmor, a leading North American manufacturer of professional cleaning solutions. He can be reached at mwatt@avmor.com.

two decades ago, the commercial cleaning landscape was on the cusp of change. Expectations for what defined a safe and effective cleaning experience were beginning to evolve. The green cleaning technology we know today was in its infancy with pioneers like Felix Borges, founder and CEO of Prism Care Corporation leading the charge.

“I spoke to many people from all sectors of the janitorial industry – particularly front-line cleaning staff who are exposed to toxic cleaning chemicals everyday while doing their jobs,” Borges said. “The need for safer options for both people and planet were clear.”

It was this need that fueled Borges’ determination to found family-owned Prism Care Corporation in April 1999. With a mission to benefit people and the environment, Prism launched its first success – PrismEnvironmental® – a series of high-performance, heavy-duty cleaners designed specifically for the commercial cleaning market.

“We tirelessly researched the best natural, plant-based and sustainable raw materials, and created countless formulations to satisfy the needs of the industry,” Borges explains. But, at the time, Prism Care was only one of a handful of companies who offered EcoLogo (now UL ECOLOGO) products that were tested and certified for environmental leadership.

“It was not until the Canadian government began mandating the use of recognized third-party certified products in their facilities did our ideas for a safer cleaning experience begin to really gain traction,” Borges said. “Those reluctant to make the switch jumped on board and began seeing the value of what we were doing.”

In the following years, Prism Care continued pushing the boundaries of what a natural cleaning experience could be. First launched was the BioFactor™ line of non-pathogenic, bacteria-based products. Then, in 2003, Eco-Max® the company’s flagship brand and gold-standard for healthy cleaning, was rolled out.

“Many conventional cleaning products contain toxic ingredients that can reduce indoor air quality and cause adverse health affects, in addition to polluting our environment,” Borges explains. “With Eco-Max, the company chose to leverage plant-based U.S. FDA GRAS-approved ingredients to create a significantly safer cleaning experience for humans and the natural environment.”

Eco-Max was embraced by professional cleaning services for its strong performance and full range of solutions – everything from multi-purpose cleaners to degreasers. It’s now used in major banks, airports, and other commercial and recreational facilities across the country, including large and small institutions with strict indoor air quality standards.

On the heels of its strong commercial success, in 2006, Prism Care brought the Eco-Max brand to households, launching a consumer line which has since grown to include over 100 SKUs of household cleaning products. Eco-Max is sold in over 1000 retail outlets, including independent health food stores and major grocery chains such as Loblaw’s (and its series of banners), Canadian Tire, Sobeys and Walmart. It is also exported to international markets.

The future of Prism Care is looking bright and is in good hands, with Felix Borges’ (centre) sons, Ian (left), vice president - marketing & communications, and Sheldon (right), president. (Inset Photo) Prism Care strives to adopt sustainable practices. Among many initiatives in place, the company’s 46,000 sq. ft. manufacturing facility is powered with renewable energy from Bullfrog Power.
Facility managers choosing hand dryers for restrooms in buildings that are frequented by children may want to consider quieter models as a new study published in *Paediatrics & Child Health* found the noise from higher-decibel models can be harmful to children’s ears.

The lead researcher was a nine-year-old Canadian girl, Nora Keegan, who noticed her ears would ring sometimes after using loud hand dryers in public restrooms, and saw other children covering their ears when a hand dryer was operating, NPR reports.

Keegan visited more than 40 public restrooms in Alberta using a professional decibel meter to measure the sound levels of hand dryers from various heights and distances. Her loudest measurement was 121 decibels. Many units were louder at children’s ear heights than at adult ear heights.

According to the study, noises that exceed 100 decibels can be harmful to children’s ears, and lead to learning disabilities, attention difficulties and ruptured ear drums. The journal noted the study can be helpful in guiding regulators, builders, managers and landlords in making decisions about which dryers to install in public facilities.

Prism Care has also taken a leadership role in its packaging practices, using 100 per cent post-consumer recycled plastic in some of its most-used consumer products. In 2014, Borges was appointed to a Standards Council of Canada committee that contributed to the creation of ISO 20400 Sustainable Procurement, a new global standard enabling organizations to implement sustainable environmental, social and economic development. During the process, he represented the Canadian committee at ISO/PC-277 international meetings held at the British Standards Institute in London, England. Borges is also currently a member of the UL committee tasked with developing the new standard UL 3420 Sustainability of Plastic Packaging, which aims to address sustainability factors for plastics, such as energy use, material efficiency, chemical hazards, recyclability, in addition to the impacts of production and end of life.

The future of Prism Care is looking bright, according to Borges, and is in good hands with his sons Sheldon Borges, president, and Ian Borges, vice president - marketing and communications, who have both played integral roles in bringing the business to where it is now.

Moving forward, Prism Care will continue to demonstrate to Canadians, and people around the world, that choosing a safer cleaning product isn’t just the right choice for healthy living, it’s the right choice for the future.

For more information, please contact Prism Care at (905) 820-2273, toll free (888) 538-3300 or visit the company’s web site at www.prismcare.ca.
Registration is open for ISSA Show North America 2019, which takes place in Las Vegas, NV, November 18-21, 2019. To date, this is the largest event produced by ISSA, the worldwide cleaning industry association, with more than 16,000 cleaning and facility solutions professionals and 700-plus exhibits expected.

Cleaning-industry professionals of all levels gather annually at the event to conduct business, sharpen their skills, learn the newest industry trends, discover the latest products and services, and uncover fresh solutions to the day-to-day challenges they face. For the tenth consecutive year, ISSA Show North America 2019 hosts co-location partner Building Service Contractors Association International (BSCAI) and its 2019 Contracting Success Conference. Additionally, ISSA welcomes the Healthy Schools Campaign and its Green Clean Schools education track, leading distributor sales and marketing groups, and other industry organizations and their constituents at this year’s show.

“ISSA Show North America is renowned for creating a dynamic venue for professionals in all aspects of the cleaning industry,” said ISSA vice president of marketing Jonathan Adkins. “In addition to the expansive trade show floor filled with the cleaning industry’s latest innovations, we have the most robust education curriculum of any expo in the industry.”

**EDUCATION SESSIONS, CERTIFICATIONS AND WORKSHOPS TO EXCEED 100**

For the first time in the event’s history, more than 100 education sessions will be available. Each will be led by an industry expert. Attendees can select individual sessions they wish to attend, or they can follow one of several curated education tracks:

- Commercial Cleaning Track
- Distributor Track
- Green Clean Schools Track, presented by Healthy Schools Campaign
- Health Care Track, presented by IEHA, A Division of ISSA
- Latin America Track
- Residential Cleaning Track, presented by ARCSI, A Divi-

continued on page 10
Students Perception of School Restrooms

ly significant and spreads beyond the bathroom doors to the entire school,” says Jon Dommisse, director of strategy and corporate development for Bradley Corp.

“Female students are even more inclined to be negatively influenced by run-down school restrooms.”

Other highlights from the survey include:

• The state of a school restroom likely factors into a student’s decision on whether or not the visit the restroom. While most (81 per cent) use their school restroom on a daily basis, 19 per cent claim to never frequent it. They avoid the facilities in part because they’re dirty, smelly, or have broken or old toilets, sinks and doors.

• Students’ number one suggestion for school restroom improvements is more privacy including taller stall doors and eliminating gaps between the stall panels. Their second wish is for cleaner facilities followed by more air fresheners.

• If students do encounter an unclean or unpleasant restroom, they usually skip their trip. More than half say they leave without using the restroom and 39 per cent try to avoid using that restroom in the future. Only 20 per cent take action to address the situation by notifying a teacher or school management.

• Only 60 per cent of students said they always wash their hands before leaving the school restroom. Their reasons for not washing include: no soap or paper towel; not enough time between classes; and the sinks weren’t working or were unclean.

• Fifty-seven per cent of students said they’d be more likely to wash if there was a sign in the restroom reminding them to do so.

The Healthy Hand Washing Survey was conducted online Jan. 3 to 8, 2019 and queried 630 American students enrolled in ninth to 12th grade.

C anada Night will be held on Tuesday, November 19, 2019, from 5:30 to 7:30 p.m. at the Bally’s Las Vegas Hotel & Casino in Las Vegas, NV.

Held in conjunction with the ISSA Show North America 2019, Canada Night is the highlight of ISSA Canada’s networking calendar. Exclusive to ISSA Canada members, the event offers an ideal platform for members to meet and socialize with fellow Canadian industry representatives while enjoying complimentary snacks and beverages.

“We’re extremely excited to be hosting our annual Canada Night in Las Vegas, NV,” said ISSA Canada Executive Director Mike Nosko. “Canada Night is a time to celebrate the industry in Canada along with those individuals who represent it. Come join us and celebrate our Canadian identity with some fine food and fellowship.”

If you are interested in attending or sponsoring a station at the Canadian social event of the year, please contact Tracy MacDonald at tracy@issa-canada.com or call (905) 663-8001 / toll free (866) 684-8273.
Study Analyses Effectiveness of Wipes on Hospital Surfaces

Researchers match pathogens to disinfectants

A s disinfectant wipes are used more frequently to clean hospital surfaces, environmental services workers need to ensure they are using the correct wipes to kill pathogens most commonly found in health care facilities and prevent cross-contamination of these germs to other surfaces. A new study published in the journal *Antimicrobial Resistance & Infection Control* looked at the effectiveness of disinfectant wipes in eliminating three viruses: murine norovirus (a substitute for human norovirus), adenovirus type 5, and polyomavirus SV40.

Researchers found that wipes using the active ingredient peracetic acid were able to eliminate all three test viruses. In addition, all wipes containing quaternary ammonium compounds (quats) inactivated polyomavirus SV40, but only some wipes containing quats killed murine norovirus. Wipes using 2-propanol as an active ingredient were not effective against any of the three test viruses.

When it came to cross contamination, researchers found that the 2-propanol-based wipes transferred all the test viruses to previously non-contaminated surfaces, while the quats-based wipes only transferred polyomavirus SV40 to previously non-contaminated surfaces. However, wipes containing peracetic acid were not found to spread any of the three pathogens to clean surfaces.

As the purchase of a disinfectant is one of the most challenging decisions for decision-makers in the cleaning industry, CMM has looked at the pros and cons of using disinfectants with hydrogen peroxide versus quats to help purchasers decide which disinfectants will work best for their facilities’ distinct needs.

-- Reprinted from CMM Online

Advocating for the Cleaning Industry

ISSA tracks and addresses various legislative issues to educate and engage its members, policymakers and the public at large. ISSA is committed to lobbying on behalf of the cleaning industry’s interests, as well as helping its members comply with new laws and regulations after they are passed.

ISSA regularly recaps some of the week’s most pressing legislative issues facing the cleaning industry. Check out the full re-cap for more details.

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