

Asthma Newsletter?

What Is Asthma?



Asthma is a disease that affects your lungs. It is the most common long-term disease of children, but adults have asthma, too. Asthma causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. If you have asthma, you have it all the time, but you will have asthma attacks only when something bothers your lungs.

We know that if someone in your family has asthma, you are also more likely to have it. In most cases, we don't know what causes asthma, and we don't know how to cure it. You can control your asthma by knowing the warning signs of an attack, staying away from things that trigger an attack, and following the advice of your health-care provider. When you control your asthma:

- you won't have symptoms like wheezing or coughing,
- you'll sleep better,
- you won't miss work or school,
- you can take part in all physical activities, and
- you won't have to go to the hospital.

How Is Asthma Diagnosed?

Asthma can be hard to diagnose, especially in children under 5 years of age. Regular physical checkups that include checking your lung function and checking for allergies can help your healthcare provider make the right diagnosis.

During a checkup, the health-care provider will ask you questions about whether you cough a lot, especially at night, and whether your breathing problems are worse after physical activity or during a particular time of year. Health-care providers will also ask about other symptoms such as chest tightness, wheezing, and colds that last more than 10 days. They will ask you whether your family members have or have had asthma, allergies, or other breathing problems, and they will ask you questions about your home. The health care provider will also ask you about missing school or work and about any trouble you may have doing certain activities. A lung function test, called spirometry (spy-rom-e-tree), is another way to diagnose asthma. A spirometer (spy-rom-e-ter) measures the largest amount of air you can exhale, or breathe out, after taking a very deep breath. The spirometer can measure airflow before and after you use asthma medicine.

What Is An Asthma Attack?

An asthma attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an asthma attack, the sides of the airways in your lungs swell, and the airways shrink. Less air gets in and out of your lungs, and mucus that your body produces clogs up the airways even more. The attack may include coughing, chest tightness, wheezing, and trouble breathing. Some people call an asthma attack an "episode."

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Now GS-37 Products Are Even Safer To Use.



The new version of GS-37 has stronger health and environmental protections including a prohibition of ingredients known to cause allergic-type asthma, strengthened toxicity and corrosivity limits, tighter limits on ingredients that can cause indoor air pollution, and strengthened limits on chemicals that can be absorbed through the skin.

Employers should purchase products using guidelines such as GS-37 rather than relying strictly on marketing claims to help prevent asthma triggers.

The following cleaning products have been recertified by Green Seal.

E.logical Peroxide Cleaner #Go2
E.logical Glass Cleaner #32
E.logical Bathroom Cleaner #42
E.logical Degreaser #62
GS Neutral Cleaner Concentrate
GS Extra-Strength Concentrate
GS Restroom Cleaner Concentrate
GS Window Cleaner Concentrate

For more information about Green Seal GS-37 Certified Products go to their website:
www.greenseal.org/index.cfm

Get more product info at: www.Go2MyersSupply.com

What Causes An Asthma Attack?

An asthma attack can occur when you are exposed to things in the environment such as house dust mites and tobacco smoke. These are called asthma triggers. Some of the most important triggers are listed to the right with additional guidelines in the section titled "Important Asthma Triggers."

Dust Mites

Dust mites are in almost everybody's homes, but they don't cause everybody to have asthma attacks. If you have asthma, dust mites may be a trigger for an attack. To help prevent asthma attacks, use mattress covers and pillowcase covers to make a barrier between dust mites and yourself. Don't use down-filled pillows, quilts, or comforters. Remove stuffed animals and clutter from your bedroom. It is essential for the custodial crews to be educated in how to treat, and prevent, a dust mite infestation in their buildings.



It is important to reduce relative humidity to below 50 percent by using dehumidifiers, ventilation or HVAC systems. Dust mites can die within a week in an environment with low humidity.

Regular vacuuming is also important in the prevention of dust mites, but it is important to do it right. Using special bags of double or triple thickness and HEPA filters are helpful. It is also important to make sure your vacuum doesn't recirculate dust particles into the air. If this happens, it might propel dust mites into the air and into peoples' respiratory systems.

Steam cleaning the carpets is another successful way of reducing dust mites. We aren't talking about the "steam cleaning" that actually refers to traditional carpet extraction using hot water (a misnomer since steam is not used during cleaning) but rather a relatively dry (6 percent moisture). Always make sure the carpet are dry within 4 hours to prevent growth of mold or mildew. Steam vapor sanitation system has also been cited numerous times in the scientific literature as being effective in controlling dust mites.

Outdoor Air Pollution

Pollution caused by industrial emissions and automobile exhaust can cause an asthma attack. Pay attention to air quality forecasts on radio, television, and Internet. Plan your activities for when air pollution levels will be low if air pollution aggravates your asthma. A good source of air quality information is [EnviroFlash](http://www.enviroflash.info). <http://www.enviroflash.info>



Environmental Tobacco Smoke (Secondhand Smoke)

Environmental tobacco smoke is often called *secondhand smoke* because the smoke created by a smoker is breathed in by a second person nearby. Parents, friends, and relatives of children with asthma should try to stop smoking and should never smoke around a person with asthma. They should only smoke outdoors and not in the family home or car. They should not allow others to smoke in the home, and they should make sure their child's school is smoke-free.



NO SMOKING

Mold

Inhaling or breathing in mold can cause an asthma attack. Get rid of mold in all parts of your home to help control your asthma attacks. Keep the humidity level in your home between 35% and 50%. In hot, humid climates, you may need to use an air conditioner or a dehumidifier or both. Fix water leaks, which allow mold to grow behind walls and under floors.



Cockroach Allergen

Cockroaches and their droppings may trigger an asthma attack. Get rid of cockroaches in your home and keep them from coming back by taking away their food and water. Cockroaches are usually found where food is eaten and crumbs are left behind. Remove as many water and food sources as you can because cockroaches need food and water to survive. At least every 2 to 3 days, vacuum or sweep areas that might attract cockroaches. You can also use roach traps or gels to decrease the number of cockroaches in your home.



Pets

Furry pets may trigger an asthma attack. When a furry pet is suspected of causing asthma attacks, the simplest solution is to find the pet another home. If pet owners are too attached to their pets or are unable to locate a safe, new home for the pet, they should keep the pet out of the bedroom of the person with asthma. Pets should be bathed weekly and kept outside as much as possible. People with asthma are not allergic to their pet's fur, so trimming your pet's fur will not help your asthma. If you have a furry pet, vacuum often to clean up anything that could cause an asthma attack. If your floors have a hard surface, such as wood or tile, and are not carpeted, damp mop them every week.



Other Triggers

Infections linked to influenza (flu), colds, and respiratory syncytial virus (RSV) can trigger an attack. Sinus infections, allergies, breathing in some chemicals, and acid reflux can irritate airways and trigger asthma attacks.

Strenuous physical exercise; some medicines; bad weather, such as thunderstorms; high humidity; breathing in cold, dry air; biomass smoke from burning wood, grass, or other vegetation; and some foods and food additives can trigger an asthma attack. Strong emotional states can also lead to hyperventilation and an asthma attack. Learn what triggers your attacks so that you can avoid the triggers whenever possible. Be alert for a possible attack when the triggers cannot be avoided.

Cleaning's Affect On Asthma

According to the California Work-Related Asthma Prevention Program, part of the Occupational Health Branch of California Department of Public Health, cleaning products used in workplaces can cause or trigger work-related asthma.

To prevent harsh affects of cleaning products, employers should make sure the safest products and practices are used in the workplace. The program has found that nearly 10 percent of all work-related asthma cases were caused by exposure to cleaning products. Most of these cases had new asthma that started only after they began work the exposures caused their asthma. About one in five people (almost 20 percent) used cleaning products directly, such as janitors. The other 80 percent of workers attributed their asthma symptoms to cleaning products used nearby. Many workplaces, like schools, hospitals, and restaurants are places where everyone, including children, can be affected by cleaning products.



How can asthma from cleaning products be prevented?

1. Use safer products Safer products are available. For example, Green Seal GS-37 certified products do not contain ingredients that are known to cause asthma. There also are water-based cleaning tools available like steam cleaning or the new activated water systems (spray bottles that turn plain water into a cleaner). Using safer products protects workers and others in these work settings.
2. Use safer work methods — Never mix cleaning products together. Never use a cleaner at full strength when the instructions say to dilute it. Don't disinfect too much. Disinfect only in areas where it is necessary or required. And always:
 - Work with as much ventilation as possible, Open windows and doors if needed.
 - Avoid using spray products and aerosols. Instead, pour cleaner onto a cloth to wipe on the surface. Microfiber cloths are best because less cleaning chemical is required.
 - Use personal protective equipment such as goggles and gloves. Wear a respirator if your employer says one is necessary. CAUTION: dust masks will NOT prevent these chemicals from entering your lungs.
 - Read product warning labels and MSDSs.

Green Seal Certified Chemicals



GO₂ Concentrate GS-37

OXYGENATED MULTI-PURPOSE CLEANER 4/1 Gal, 5 Gal, 2/4 L Closed Loop

GO₂ Concentrate is a truly remarkable cleaner fortified with natural citrus cleaning power and Hydrogen Peroxide. This stable combination along with a specialized surfactant system quickly attacks the most stubborn soils and stains on virtually all surfaces not harmed by water alone. A perfect choice for cleaning ceramic tile countertops or shower walls to remove mold and mildew. Helps to bring back the original new grout appearance with color safe oxygen bleaching. **GO₂ Concentrate** also makes a great choice for general carpet spotting. Use it as a laundry pre-spotter on soiled clothes before laundering. Leaves no oily residue behind, and rinses freely with water. Butyl free, contains no caustic bleaching agents. Biodegradable and environmentally responsible.



Non-Corrosive Bathroom & Bowl Cleaner/Descaler GS-37

GREEN ACID BATHROOM CLEANER 4/1 Gal, 2/4 L Closed Loop

Non-corrosive cleaner for all bathroom surfaces. Easily cleans and removes calcium, magnesium, rust and other hard water deposits. Use on porcelain, chrome and other bathroom surfaces. Formulated with no phosphates, solvents, or nonylphenol exotholate surfactants. Readily biodegradable with no VOC's, no added dyes or fragrance, no silicates, no chelating agents or caustics. Use safely to clean bowls, urinals, chrome, sinks, tub & tile and other restroom fixtures.



Concentrated Non-Solvent Cleaner Degreaser GS-37

DEGREASER CLEANER 4/1 Gal, 5 Gal, 2/4 L Closed Loop

Non-solvent, non-corrosive and non-flammable cleaner and degreaser. Easily loosens oils, grease and other soils for full suspension and removal from a variety of surfaces. Mild pH, safe to use on most water safe surfaces. An outstanding cleaner degreaser made with no phosphates, solvents, or nonylphenol exotholate surfactants. Readily biodegradable with no VOC's, no added dyes or fragrance, no silicates, no chelating agents or caustics. Synergistic surfactant system provides enhanced cleaning and degreasing performance without the use of solvents. Ideal for general purpose cleaning and degreasing in kitchens, food service, office buildings, light industrial facilities; other areas where environmental responsibility and worker safety are important.



Concentrated V.O.C. Free Glass Cleaner GS-37

GLASS AND SURFACE CLEANER 4/1 Gal

Fast streak free cleaning of windows, mirrors, metal, chrome, plastic, fiberglass, Plexiglas and other hard surfaces. Cleans tough soils, oily film, fingerprints, smears and smudges. Fast and easy cleaning, with a minimum of effort. A unique glass and window cleaner made with no phosphates, solvents, or nonylphenol exotholate surfactants. Readily biodegradable with no VOC's, no added dyes or fragrance, no silicates, no chelating agents or caustics. Ideal for all types of glass, windows, mirrors and Plexiglas™. Highly concentrated for added cost savings and environmental source reduction.



Made in USA

Green Seal Certified Chemicals



Get your cleaning staff started right with GS 5-Point Green Cleaning Starter Kit. Filled with Stearns top performing premeasured liquid cleaners, the Starter Kit also includes color-coded bottles, Material Safety Data Sheets and training material. Color coded products and packaging improves safety and simplifies training, even for the newest member of your cleaning team.

GS Extra Strength Cleaner Concentrate GS-37 HEAVY DUTY CLEANER / 10 X 2 oz



GS Extra-Strength Cleaner Concentrate is a non-flammable, medium-sudsing, heavy-duty all-purpose cleaner and degreaser with a readily biodegradable surfactant system. Superior penetration and removal of greasy soils. Fast, safe removal of ink, coffee, graphite, greases, and oils on all surfaces, including most clothing. Unlike harsh caustics and volatile solvents, *GS Extra-Strength Cleaner Concentrate* cleans safely without hazardous fumes and toxic by-products. It is ideal for use in food service areas, garages, and machine shops. *GS Extra-Strength Cleaner Concentrate* is non-toxic, non-butyl, phosphate free, and biodegradable.

GS Window Cleaner Concentrate GS-37 GLASS CLEANER / 10 X 2 oz



GS Window Cleaner Concentrate is a super concentrated window cleaner that leaves hard surfaces free of streaks, soils, smudges, and grease. *GS Window Cleaner Concentrate* is formulated without solvents, glycol ethers, or ammonia. Excellent performance on glass surfaces, windows, and mirrors. Safe on plastics and contains no VOC's. Packaged in recyclable plastic packs, *GS Window Cleaner Concentrate* is formulated to meet published standards of environmentally preferable industrial and institutional cleaners. These standards require low levels of human and aquatic toxicity, high levels of biodegradability and performance and reduced smog production potential.

GS Neutral Cleaner Concentrate GS-37 NEUTRAL CLEANER / 30 X 2 oz



GS Neutral Cleaner Concentrate is a mild concentrated pH neutral floor cleaner designed for mopping floors and for cleaning all washable surfaces. It contains no caustic, abrasive, or any harsh ingredients that mar fine floor finishes. *GS Neutral Cleaner Concentrate* dissolves completely in cold water and works equally well in hard or soft water. It leaves floors sparkling clean without a film or streaks. Packaged in recyclable plastic packs, *GS Neutral Cleaner Concentrate* is formulated to meet published standards of environmentally preferable industrial and institutional cleaners. These standards require low levels of

human and aquatic toxicity, high levels of biodegradability and performance, and reduced smog production potential.

GS Restroom & Bowl Cleaner Concentrate GS-37 BATHROOM CLEANER / 10 X 2 oz



GS Restroom & Bowl Cleaner Concentrate is non-corrosive and free of harmful acids. It will clean toilet bowls, urinals, tile walls, tubs, and sinks with ease and safety. When diluted properly, *GS Restroom & Bowl Cleaner Concentrate* will break down and remove daily accumulations of soils, limescale, and urinary salts with its high-foaming action. Fresh clean fragrance.



Certified Organic Pest Control



EcoSMART's technology is based on the natural defenses that plants and trees have used for their self protection against insects and pathogens for centuries – essential oils.

EcoSMART Technologies is the first company to put real science behind botanical technology to enhance both the performance and economics that has enabled a realistic shift from conventional to botanical insecticides in the commercial and industrial markets.

Quick knockdown/kill and control, broad-spectrum activity, minimal environmental and mammalian toxicity, and competitive pricing characterize all of EcoSMART's Commercial insecticide products. Over 50 patents pending and international filings protect these advantages.

EcoSMART's Commercial Insecticide aerosols meet today's customer demands for performance, safety, cost effectiveness... and green! The patented blends of plant oils in the active ingredient target insects to quickly kill and control a broad spectrum of crawling and flying insects... yet are safe around people and the environment. Finally, there is a green insecticide that is effective and safe!

EcoSMART Crawling, Flying and Wasp/Hornet Killer aerosols qualify as “minimum-risk” under FIFRA (Federal Insecticide, Fungicide and Rodenticide Act) and are exempt from Federal EPA registration*. All EcoSMART Commercial products work within the USDA NOP (National Organic Program) guidelines. Click here for more product information.

EcoSMART Commercial products have not been registered by the U.S. Environmental Protection Agency. EcoSMART Technologies represents that these products qualify for exemption from registration under the Federal Insecticide, Fungicide and Rodenticide Act.



EcoSMART Commercial Crawling Insect Killer *ORGANIC INSECT KILLER 12 /15 oz*

For control of ants, bedbugs, carpet beetles, carpenter ants, centipedes, clover mites, cockroaches, crickets, drug store beetles, earwigs, elm leaf beetles, fleas, millipedes, pillbugs, scorpions, silverfish, spiders, termites and other crawling insects.



EcoSMART Commercial Flying Insect Killer *ORGANIC INSECT KILLER 12 /15 oz*

For control of flies, gnats, mosquitoes, moths, wasps and other flying insects.



EcoSMART Wasp & Hornet Killer *ORGANIC INSECT KILLER 12 /15 oz*

For control of wasps, mud daubers, yellow jackets and spiders



Certified Laundry Chemicals



Liquid Laundry

CONCENTRATED HIGH EFFICIENCY LAUNDRY DETERGENT 5 gal

This premium non-ionic liquid detergent is fortified with water soluble solvents, optical brighteners and conditioning agents for maximum results on synthetic linens. Does not compromise the integrity of this product linens. Also delivers excellent results on natural fabrics with cosmetic or other oil based soils. Compatible with other laundry products and High Efficiency washers.



Water Flakes White Wings

ULTRA LAUNDRY DETERGENT / 250 X 1.2 oz

White Wings® Ultra Laundry Detergent is a powdered, low foaming, balanced blend of ingredients that assures brighter, cleaner clothes. It is designed for laundry use in institutional and industrial automatic washing equipment. White Wings contains an enzyme system that removes microfibers to help restore fabric color, while making whites whiter and colors brighter. Plus, additional polymers are added to keep soil in suspension and away from clean clothes. Stearns developed White Wings to be an environmentally responsible product. Its concentrated detergent is premeasured and packaged in 100% biodegradable water-soluble film that dissolves completely in water. No need to measure, pour or cut open packages. When properly used, the ingredients of White Wings are broken down into simple compounds, which helps eliminate the suds and foam problems in our lakes and streams. It is also formulated to contain no phosphorus. Just add one water-soluble packet to your laundry for fresh, clean, and bright clothes.

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Fabric Aide

Mold & Bacteria Coating 4/1 Gal, 5 Gal

From the uniforms you go to work in, to the soft, soothing blankets you lay your children down to sleep with, fabrics meet basic human needs and provide some of the most precious comforts of life. FabricAide® helps protect all the washable fabrics that touch your life. Harmful microbial contaminants like bacteria can survive for weeks on fabrics, allowing it to transfer to other objects or people. FabricAide® helps solve this problem by creating an environmentally friendly antimicrobial barrier on fabrics that works constantly to inhibit the growth of bacteria, mold and fungi for up to 90 days.

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Mold Prevention



Surface Aide

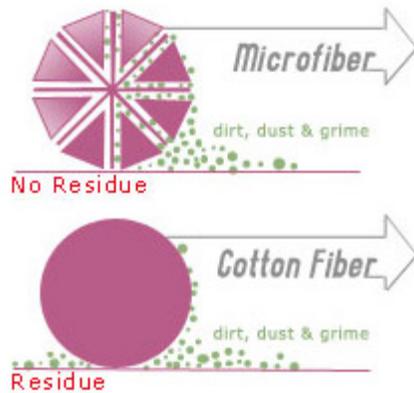
Mold & Bacteria Coating 4/1 Gal, 5 Gal

Surface Aide is a revolutionary new technology for protecting virtually any solid surface from a amazingly broad array of disease and odor-causing microorganisms, including bacteria, mold, and fungi. On application, Surface Aide reduces existing microbe populations by up to 99.99% on contact, and continues to inhibit their return for from 90 days to more than one year!

Surface Aide comes in water solution, is odorless and non-toxic. It may be sprayed on virtually any solid surface. It then bonds with that surface and creates a long-lasting, invisible shield against germs. This new weapon in the war against infectious microorganisms is so safe to use that USDA has accepted it for use on food-handling surfaces! The Surface Aide molecule sets up molecular spikes similar to a “bed of nails”. Microbes that land on this “bed of nails” are impaled, rupturing the cell wall and causing the demise of the microbe. These microbial swords are about one thousandth the width of a human hair. No poisons or toxic chemicals are utilized that can cause mutation or adaptive changes in the microbes.



Microfiber Technology



Cleaning with microfiber products is fast, easy and environmentally friendly. With microfiber products you rarely need to use chemicals. It is sometimes described as having a magnetic attraction to dirt and dust. Our microfiber products are extremely soft, they never scratch any surface, but at the same time they are sturdy and tough on dirt. The secret behind microfiber technology is the blend of microscopic polyester and polyamide fibers which are split in such a way as to create microscopic "hooks" which act as claws that scrape up and hold dust, dirt, and grime. Our microfiber products can also absorb up to 7 times their weight in water. This absorbent property is the reason the Microfiber will never leave streaks or water spots on any surface even when used wet.

Microfiber Terry Cloths



Prevent cross contamination or color-code by department with 4 colors available for use with a variety of tasks. Microfiber performs best when dampened with water or cleaning solution, and they can be used dry. Constructed from 70% polyester and 30% polyamide synthetic fibers, each cloth will lift and trap lint, dust particles dirt, grease, grime, waxes, and oily residue. Cloths can be washed and reused hundreds of times and they hold up to 7 times their own weight in liquid. Machine wash/low dry.

16"X16".

Microfiber Fluffy Dusters



Duster head is 100% microfiber with split strands that grab and hold dust and dirt better than traditional dusting tools. Microfiber dusters are safe to use on delicate items as they will not scratch. Duster head can be rinsed of dust and dirt and will air dry.

Microfiber Duster / Washable Head



Constructed of 100% twist pile microfiber grabs and holds dirt and dust much better than traditional dusters. Durable removable head can be laundered and dried without matting or tangling up to 700 times. Handle extends from 33" to 45".

HD Aluminum Microfiber Hardware

FRAME SIZES 5x12 / 5x18 / 5x24



Lightweight aluminum handle for use with HD Microfiber Dust Mop Pad and frame along with HD Microfiber Wet Mop Pad and frame. Reduces the strain of mopping and allows easy maneuvering on flat surfaces. Telescoping handle accommodates various tasks and heights to reach those hard places like ceilings, walls and base boards.

Microfiber Wet Mop Pads

PAD SIZES 5x12 / 5x18 / 5x24



Microfibers are specially designed non-abrasive, non-linting fibers, small enough to penetrate into surface pores and remove tiny dust particles. Wet mop pad has an absorbent core.

- Available in four colors for color-coding by use or area
- Reduces chemicals, water and energy to clean
- Velcro backing makes changing mop pads a breeze

CRI Vacuums



People can inhale particles 10 microns and smaller. Housekeeping is probably the most common means of removing potential allergens, and vacuum cleaners are the most commonly used tool.



Vacuum cleaning removes some fungus and spores from carpeting, but it also reintroduces them to the air either through the action of the vacuum's beater bar or through conventional bags.



Vacuuming without proper filtration is one of the main causes of the reintroduction of allergens and harmful particles into the air.

NVR 200 SINGLE MOTOR CANISTER CRI APPROVED



The NVH and NVR vacuums are packed with useable features. All have a powerful 1.5Hp vacuum motor and excellent 0.5 micron filtration. The NVH machines are light-weight while the NVR machines have the added feature of a manual crank rewind for power cord storage. Both have polypropylene tanks. For maximum durability and mobility the tank on the 375 is made of structural foam and fitted with 4 swivel castors.



NVQ 3820 SINGLE MOTOR CANISTER CRI APPROVED



NVQ 380 is fitted with a tough galvanized steel head and offers 2 speeds and superior noise reduction. It runs at 49 dB(A) on high and 47 dB(A) on low allowing daytime cleaning even in sensitive areas.



RSV 130 SINGLE MOTOR CANISTER CRI APPROVED



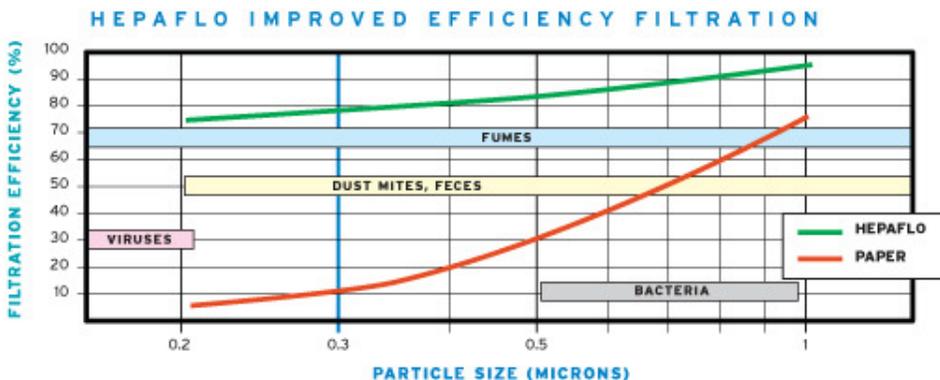
At only 10.8 pounds, the RSV 130 is among the lightest full size backpacks on the market. However, it's extremely powerful for its size, because our ES motor provides 114 cfm of airflow.



HEPAFLO BAGS



When the vacuum industry talks Green, they generally talk Indoor Air Quality (IAQ). But NaceCare's Green Initiatives go beyond IAQ to address; Filtration, Noise, Power Consumption, and Packaging. With the introduction of our new HEPAFLO bags ALL NACECARE DRY VACUUMS are not only CRI approved, they meet the requirements of one or more of the following: LEED - EB and HEPA for non-hazardous soil recovery.



These levels of filtration ensure vastly **improved IAQ** and reduced dust throughout the facility.

All of this is made possible by our new **HEPAFLO** bags. These bags are **65% more efficient** on dust mites than 2-ply paper bags.

CRI Vacuums



Adgility XP SINGLE MOTOR BACK PACK CRI APPROVED

Lightweight Adgility™ XP backpack vacuums deliver comfort, quiet, performance and affordability for multi-surface cleaning in offices, classrooms and other facilities with hard and soft flooring and tight spaces.



Both the Adgility 6XP and 10XP are packed with power, are quiet enough to use any time of day without fear of disturbing building occupants. The quiet 1,300-watt motor moves 144 cubic feet of air per minute, to out-clean its noisier competitors. Adgility XP comes standard with four levels of filtration. An optional H.E.P.A. filter removes 99.97% of dust particulates down to 0.3 microns.

CaniStar SINGLE MOTOR CANISTER CRI APPROVED



SUPERIOR CLEANING POWER, EXCEPTIONAL FILTRATION CaniStar™ combines hospital-quiet operation with powerful suction, exceptional filtration options and best-in-class serviceability. CaniStar drives down the cost to clean. It is quiet enough for daytime cleaning, yet powerful enough to tackle the toughest commercial environments.



CaniStar's powerful 1,100 Watt, 1.5 hp motor is designed for continuous commercial duty and over 1,000 hours of rugged use. However, operating at just 53 dB A, it is quiet enough for daytime cleaning of healthcare facilities, hotels, restaurants and commercial office space.

CaniStar comes standard with four levels of filtration. An available H.E.P.A. filter adds a fifth level of filtration that captures 99.97% of particles 0.3 microns and larger. Because it is mounted after the motor it, the debris generated by the motor is subjected to this same level of filtration.

Spectrum P SINGLE MOTOR UPRIGHT 12"/15" CRI APPROVED



Spectrum™ upright vacuums deliver superior pickup and filtration, with the power to pull dirt and dust from carpets in a single cleaning pass, resulting in greater productivity. The 12P and 15P feature a two-stage, 1000-watt motor. Dual motors equal 20% greater productivity than single-motor uprights. The innovative design of the Spectrum power head creates a seal with the carpet surface to agitate and capture dirt and dust that other vacuums miss. This design has earned the Carpet & Rug Institute (CRI) Seal of Approval, meeting the industry's latest pickup and filtration standards for vacuum performance. Spectrum's superior filtration is due to a three-stage filtration system, which includes a certified H.E.P.A. filter, and delivers superior indoor air quality that operators and building occupants are sure to appreciate.



Spectrum D TWO MOTOR UPRIGHT 15"/18" CRI APPROVED



Spectrum™ upright vacuums deliver superior pickup and filtration, with the power to pull dirt and dust from carpets in a single cleaning pass, resulting in greater productivity. Dual motors equal 20% greater productivity than single-motor uprights. The 15D and 18D add a brush motor to deliver 1,350 watts of power. The innovative design of the Spectrum power head creates a seal with the carpet surface to agitate and capture dirt and dust that other vacuums miss. This design has earned the Carpet & Rug Institute (CRI) Seal of Approval, meeting the industry's latest pickup and filtration standards for vacuum performance. Spectrum's superior filtration is due to a three-stage filtration system, which includes a certified H.E.P.A. filter, and delivers superior indoor air quality that operators and building occupants are sure to appreciate.



CRI Extractors



AquaClean 12ST 5 GALLON CARPET EXTRACTOR CRI APPROVED

If you're seeking a carpet extractor with greater productivity per tankful, then consider the benefits of the AquaClean® 12ST self-contained extractor.

Ideal for facilities with smaller amounts of carpet, the compact AquaClean® 12ST extractor houses a 5-gallon solution tank that cleans 1,000 square feet of carpet without refilling. That's an impressive 100% productivity gain over most competitors!



AquaClean 16ST & 18ST 8 & 11 GALLON CARPET EXTRACTOR CRI APPROVED

AquaClean self-contained carpet extractors include the basic, hard-working 16ST and 18ST models, or the deluxe, feature-rich 16XP and 18FLX. Operating AquaClean in low-moisture mode has earned it the Carpet and Rug Institute (CRI) Seal of Approval. Low-moisture mode is three times more productive per tank compared with traditional commercial extractors.

AquaClean 16ST, 18ST, 16XP, or 18FLX to a 16 inch or 18 inch auto scrubber for hard floor cleaning.



AquaClean 16XP & 18FLX 8 & 11 GALLON CARPET EXTRACTOR CRI APPROVED

The AquaClean 16XP and 18FLX feature Advance's patented Dual Cleaning Mode (DCM) technology for fast dry times, reduced cost to clean, increased productivity and sustainable operation. Indirect spray is used in low-moisture mode so less chemical and water are used. This productively extends dump and refill intervals, while allowing foot traffic to return sooner as the carpet dries more quickly. Operating AquaClean in low-moisture mode has earned it the Carpet and Rug Institute (CRI) Seal of Approval. Low-moisture mode is three times more productive per tank compared with traditional commercial extractors.



The flip of a switch engages the deep cleaning restorative mode of the AquaClean 16XP or 18FLX. Increased moisture and aggressive brush agitation loosen tough soils from high traffic areas. The AquaClean 16XP and 18FLX incorporate an onboard spotting and upholstery tool and hose allowing the operator to multitask and clean furniture at the same time as the carpet.

Air Scrubber with HEPA Filtration



The Patriot Air Scrubber and Negative Air Machine with HEPA Filtration

The Patriot is the only rotationally molded air scrubber and negative air machine available. The Poly body minimizes damage to furniture and doorways when transporting and is so durable it has a lifetime body warranty. Its dolly design makes one person loading and transport easy. Two speed operation 1400/2200 CFM offers versatility for large or small jobs, and it can be used in either the vertical or horizontal position. Multiple filter design and no tools are required for filter replacement. To capture particulates, mold, fungal spores, gasses and odors, the Patriot is your answer.

CRI Extractors



Priza **CARPET EXTRACTOR CRI APPROVED**

Powerful, compact spray extraction for smaller areas and upholstery cleaning. Adjustable handle on the floor tool enables a safer grip and ergonomic positioning of the operator. Powerful vacuum motor means little residual moisture is left after cleaning. Carpets dry up to 63% faster than with other products. Removeable dirty water tank.



Mini-Pro **4 GALLON CARPET EXTRACTOR CRI APPROVED**

Productively clean and freshen up carpet surfaces with less effort. 4 gallon (15 l) solution and recovery tank for home or commercial cleaning. Solution tank designed with no-mess splash back protection and protective filter screen to remove debris. Designed for minimal service. Comfort grip, adjustable handle with one-button activation and ergonomically positioned handle for balanced lifting. Fold-down handle for easy transportation in any vehicle.



Cadet 7 **7 GALLON CARPET EXTRACTOR CRI APPROVED**

Easy-to-use controls reduce operator fatigue. Brush setting easily adjusts to eight different positions for maximum performance. No-hose design makes it simple to fill and empty. Quick-connect ports for fast and easy accessory attachment. Easy to understand controls reduce training time. Floating vacuum shoe follows the contour of the carpet for superior recovery. Accessory tools easily attach to quick-connect ports for cleaning upholstery, stairs and other detail areas.



Admiral 8 **8 GALLON CARPET EXTRACTOR CRI APPROVED**

Powerful, high speed carpet cleaning. Windsor's Admiral 8 increases your productivity with features that make your job easier. Ergonomic handle with convenient fingertip controls increase operator control and comfort.



Clipper 12 **12 GALLON CARPET EXTRACTOR CRI APPROVED**

Powerful, high speed carpet cleaning. Windsor's Clipper 12 increases your productivity with features that make your job easier. Flip handle allows push or pull operation for increased productivity in large areas and maneuverability in smaller confined areas.



Commodore 20 **20 GALLON CARPET EXTRACTOR CRI APPROVED**

The most value per gallon capacity in the industry. Performance breakthroughs and ergonomics create a carpet extractor that maximizes operator productivity. The Penetrator™ channels airflow evenly along the entire vacuum shoe, creating a powerful seal for superior recovery and dry times.



Entryway Systems

WaterHog ECO Grand Premier Mats



Exceptional performance and extraordinary beauty. An amazing mat series combining all of the performance of our Waterhog Premier mat with two additional features: an innovative rubber-reinforced face design for added beauty, and a green friendly face constructed of 100% post consumer recycled P.E.T. polyester fiber system that is reclaimed from plastic bottles providing a mat surface with an attractive look that's easy to maintain. The face design can be configured three

different ways—a half oval pattern, a rectangle with the half oval on one end, and a rectangle with half an oval on each end. Additionally, WaterHog Eco Grand Premier mats have a 100% rubber backing that contains 15% to 20% post consumer recycled car tire rubber. Certified slip-resistant by the National Floor Safety Institute.



WaterHog ECO Premier Mats

When the application calls for outstanding performance and beauty, Waterhog Eco Premier is the answer. WaterHog Eco Premier mats combine all of the performance of the original WaterHog with a unique diamond face pattern creating the ultimate visual appearance. WaterHog Eco Premier mats feature a 100% post consumer recycled PET face that is reclaimed from plastic bottles.

Every 3x5 diverts approximately 60 plastic bottles from landfills. A multi-denier fiber construction combines thick fibers for scraping with fine fibers for wiping, providing better performance and longer life. The backings of WaterHog Eco Premier mats is made of 100% rubber with 15% to 20% recycled rubber content making these mats our most environmentally friendly mats ever.

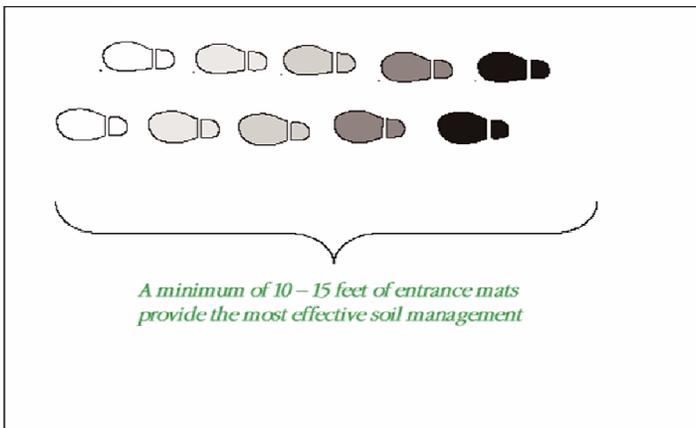


WaterHog ECO Premier Fashion Mats



Taking beauty to the next level, Waterhog Eco Premier Fashion combines the performance features and unique diamond-shaped face pattern of the Waterhog Eco Premier and adds an attractive fabric border made of the same green friendly 100% post consumer recycled P.E.T. polyester fiber system that is reclaimed from plastic bottles. The result is a striking look that's easy to maintain - perfect for more decorative areas like offices, restaurants, retail stores or anywhere that demands practicality and beauty. This is the heaviest weight WaterHog product that we make. WaterHog Eco Premier Fashion mats have a

100% rubber backing that contains 15% to 20% post consumer recycled car tire rubber. Certified slip-resistant by the National Floor Safety Institute.



In a Green Building an entrance mat is the first line of defense against contaminants and particles entering the building. Soil is everywhere. It is a part of the earth we live on and managing it is a vital part of our everyday existence. The U.S. Green Building Council has developed a rating system for new and existing buildings to encourage building owners to earn credit for meeting certain housekeeping criteria. Strategies include the creation and maintenance of entrance systems and mats that prevent particles from entering the building.

Recommendations include a minimum of 10-12 feet of quality matting products at entrances. At the heart of an entrance system is prevention of contaminants from entering a building. 85% of all soil enters a building on the feet of people entering the building. Of this, at least 80% is dry soil and the rest is oily. The dry soil can range from large particles to powder-like dust.



Five ways to avoid allergy season in your workplace

If allergy season seems to arrive earlier every spring, the problem may not lie with Mother Nature, but with the quality of the air inside your workplace, according to a press release.

U.S. Environmental Protection Agency (EPA) studies show that indoor air pollution levels can routinely be up to five times higher than those found outdoors as a result of contaminants from tracked-in soil, chemical-laden cleaning products and inefficient or unmaintained heating and cooling systems, the release stated.

In the short-term, poor indoor air quality can cause sneezing, itchy eyes, scratchy throats and fatigue, the release noted. In the long-term, however, medical authorities say it can contribute to asthma, lung disease, cancer and even damage to the neurological system, the release added.

According to the release, some ways to improve the air quality within your home or workplace include placing "scrapper" floor mats outside entranceways to remove soiling from shoes, placing walk-off carpeted mats just inside entrances to capture any residual particulates and mopping floors after vacuuming to remove any contaminants left behind.

Here are 5 ways to improve the air quality within your home or workplace:

1. Place "scrapper" floor mats outside entranceways to remove soiling from shoes, and place walk-off carpeted mats just inside entrances to capture any residual particulates. And all mats should be cleaned regularly to ensure their effectiveness.
2. Mop floors after vacuuming to remove any contaminants left behind. Technologically advanced microfiber mops and dusting cloths, in particular, can capture more soiling than traditional cotton products...and without the use of potentially harmful cleaning solutions. An EPA study conducted for the healthcare industry found that microfiber cleaning can remove up to 98% of contaminants from surfaces using only water.
3. Have furnaces, heating and cooling equipment cleaned periodically to prevent gas build-up/discharge; regularly replace filters to help avoid harmful particles from circulating throughout your place of work.
4. Regularly use a vacuum with a HEPA filter to help eliminate common allergens like pollen, pet dander, and dust mites. Dr. David Lang of the Cleveland Clinic notes that dander, for example, clings to clothing and can be easily spread.
5. Use a dehumidifier and an air conditioner to keep indoor humidity in the 30-50% range a level that helps keep mold, dust mites, and other allergens at bay.

Children Asthma Rates Jump Sharply in U.S.

According to a new report from the Centers for Disease Control and Prevention (CDC) in Atlanta, the number of people in the United States suffering from asthma has jumped significantly in the past 10 years. The report, which tracked asthma cases from 2001 to 2009, indicates one in 10 children and about one in 12 Americans of all ages now have asthma.

Among the other findings:

- Overall, there was an 8.2 percent increase in asthma in 2009 compared to 2001.
- There were approximately 20 million cases of asthma in 2001; this increased to approximately 25 million by 2009.
- About 13.5 percent of poor children have asthma.**
- More women have asthma (9.7 percent) than men.
- Asthma costs grew to \$56 billion in 2009, up from \$53 billion in 2001.

One bright spot in the report was that the number of deaths from asthma has actually declined to about 3,500, down from 5,500 in 1996.

Study: Aerosol Cleaning Sprays Linked To Adult Asthma

European research has found that frequent use of household cleaning sprays may be a risk factor for adult asthma, according to the Irish Medical News.

The study monitored about 3,500 people who were initially free of asthma, and found that 42 percent of participants experienced asthma symptoms or medication after the use of common cleaning sprays at least once a week. When use of aerosol products, including glass cleaners, furniture cleaners and air fresheners, increased to four or more times a week, the link between the cleaners and asthma became stronger.



Non-aerosol products did not demonstrate a connection with asthma.

The study was the first to investigate the affects of cleaning products in a domestic cleaning setting, authors claim. The participants were monitored by the European Community Respiratory Health Survey, and other research teams were involved as well.



The Environmental Protection Agency recently announced a resource guide to assist schools with improved indoor air quality. The "IAQ Tools for Schools Action Kit" helps schools work to manage asthma within the school environment. It outlines 10 ways officials can manage asthma, IAQ techniques that work, asthma triggers and more. Below is a excerpt from the tool.



10 Ways to Manage Asthma

1. **Use the IAQ Tools for Schools Action Kit** - Help people with asthma by improving the school environment with IAQ practices recommended in this kit.
2. **Control Animal Allergens** - Remove classroom animals from the school, if possible. If not, locate animals away from sensitive students and ventilation systems.
3. **Control Cockroach Allergens** - Use Integrated Pest Management practices to prevent cockroach and other pest problems (e.g., store food in tightly sealed containers and place dumpsters away from the building).
4. **Clean Up Mold and Control Moisture** - Fix moisture problems and thoroughly dry wet areas within 24-48 hours to prevent mold growth. Clean up moldy hard surfaces with water and detergent, then dry thoroughly.
5. **Eliminate Secondhand Smoke Exposure** - Enforce no-smoking policies in the school
6. **Reduce Dust Mite Exposure** - Make sure school is dusted and vacuumed thoroughly and regularly.
7. **Develop an Asthma Management Plan in Your School** - Include school policies on inhaler and medication usage, emergency procedures for school staff when a student has an asthma attack. Obtain the U.S. Dept. of HHS, NIH, National Heart, Lung, and Blood Institute's "*Managing Asthma: A Guide for Schools*" www.nhlbi.nih.gov/health/prof/lung/asthma/asth_sch.htm
8. **Provide School-Based Asthma Education Programs** - Contact your local American Lung Association about Open Airways, a school-based asthma management program for students with asthma.
9. **File Student Asthma Action Cards** - Make sure students with asthma obtain and turn in copies of their Asthma and Allergy Foundation of America action cards to teachers, school nurse, etc. Encourage students to find out and identify their asthma triggers.
10. **Gather Additional Asthma Information and Resources** - Establish a complete file on existing asthma and allergy-related information sources to reference throughout the school year.

<http://www.epa.gov/iaq/schools/managingasthma.html>

Asthma Study: Allergen Levels No Different in Carpeted vs. Uncarpeted

According to a press release from the Carpet and Rug Institute, a study of inner city children with asthma concludes that positive environmental interventions, such as improved cleaning and the elimination of tobacco smoke, will result in a lessening of the children's asthma-related symptoms and an increase in their symptom-free days. Further, the Inner-City Asthma Study found no difference in the improvement experienced by children who lived in homes with carpet versus children from homes with other types of flooring. In addition, no difference was found in the levels of allergens measured in carpeted homes compared to homes with hard surface floors.

An article describing the study, titled, "Results of a Home-Based Environmental Intervention among Urban Children with Asthma," is published on the website of The New England Journal of Medicine. Based on years of research and independent testing, the carpet industry has long maintained that carpet does not contribute to allergy symptoms or poor indoor air quality. However, this is the first peer-reviewed study confirming the industry's position from a prestigious medical journal.

The study followed 937 children from seven major U.S. cities over the course of a year. Of the participants, more than 50% of the children, aged 5-11 years, had positive skin tests to three or more allergen groups. Other common elements of the group were that they were from families whose incomes were at or close to the poverty level, as well as these factors: Cockroaches were reported in 58% of homes, wall-to-wall carpeting in the child's bedroom in 55%, a smoker in 48%, mice or rats in 40%, and furry pets in 28%.



At the outset of the study, researchers sought to remove carpet from the children's bedrooms, but factors such as rental agreements kept them from it. Still, family members were instructed to remove the carpet from their children's bedrooms wherever possible.

Family members were given HEPA-filter vacuum cleaners and cleaning products and educated about various allergens and how to remove them from the home. Children's beds were encased in dust-mite-blocking covers, and professional pest exterminators were called in where needed.

The study found that children in the intervention group missed fewer days of school, slept through the night more, and made fewer trips to the emergency room. Contrary to researchers' expectations, children with carpet in their bedrooms improved as much and did just as well as children who had hard surface floors.

The interventions also produced marked declines in the measured levels of allergens in the home. Again, in contrast to predictions, no difference in allergen reduction was found between homes with carpets and those without carpeting.

The Inner City Asthma Study was sponsored in part by the National Institute of Allergy and Infectious Diseases, the National Institute of Environmental Health Sciences and the National Center for Research Resources of the National Institutes of Health. According to published disclosure statements, none of the researchers or institutions were affiliated with or sponsored by any representative of the carpet industry.

The findings of the Inner City Asthma Study refute the widely-held notion that patients with asthma and/or allergies must remove their carpet, and according to Carpet and Rug Institute President Werner Braun, the study confirms the carpet industry's assertion that clean, dry carpet is a healthy flooring choice for everyone, including children and adults with asthma and allergies. "CRI's position is based on a body of sponsored as well as independent research, but the Inner City study is significant in that it comes from the medical community," Braun said.



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