

Caitlyn Brooker

Graphic Design

View the full portfolio at <http://www.thecreativefinder.com/caitlynbrooker>

Professional Experience and Curriculum Vitae

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Awards and Accolades

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GREEN & FAST HOME CLEANING GUIDE

HOW CLEAN IS YOUR HOUSE?

10M: Is the amount of time your mattress could be alive.

2HRS: Is the amount of time an ant can live after you flush the toilet.

400X: more bacteria in an average desktop than on a toilet seat.

6FT: is the distance you can spread germs when you flush the toilet.

10 GRAMS: is the amount of dust on each of us each week.

200X: more facial bacteria on the average toilet than on a toilet seat.

90%: more dust is found on carpets than floors.

10M: bacteria per inch is found on a dirty sponge.

SURFACES WITH HIGH LEVEL OF CONTAMINATION

COMPUTER MOUSE, COMPUTER KEYBOARD, PHONE HANDLE, FRIDGE DOOR HANDLE, MICROWAVE HANDLE, FAUCET HANDLE

ECO-FRIENDLY CLEANING INGREDIENTS

LEMON JUICE: Cleans, disinfects and smells great!

BAKING SODA: Great scrubbing power, works best with vinegar.

TEA TREE OIL: Kills mould, sanitises and refreshes.

BOORX POWDER: Old time cleanser. Great for kitchen sinks.

WHITE VINEGAR: Cuts through grease, great for cleaning ovens.

BANANA PEEL: Good for polishing gentle surfaces, like shoes.

HOW TO SPEED CLEAN YOUR HOUSE?

CLEAN FROM TOP TO BOTTOM: Work from top to bottom, so dust and dirt particles can fall to lower surfaces before you clean them.

CLEAN FROM LEFT TO RIGHT: Start from one side and work towards the other. This way you won't miss a spot accidentally, or clean the same one twice.

MINIMIZE MOVEMENT: Clean the exterior walls first, and then focus on the furniture and the other items in the room.

LET THE CLEANER WORK FOR YOU: Pick strong, yet suitable cleaning solutions. Clean thoroughly the first time, so you won't have to go back to that area for re-cleaning.

TWO HANDS WORK FASTER THAN ONE: You can clean so much faster when you use both hands.

BE MORE EFFICIENT - FIND A ROUTINE: Clean your home in the same way every time. This way you will create a routine that is easy to follow.

STAY WELL ORGANISED: Keep all your cleaning products and rag in one place so you can find them quickly when you need them.

IF IT'S NOT DIRTY - DON'T CLEAN IT: Vertical surfaces don't collect as much dust as horizontal ones, so you can skip them, when possible.

DUST FIRST: Dusting first will ensure that all those particles which fall from higher places will be cleaned at a later stage of your routine.

VACUUM LAST: Vacuuming last will ensure that all those dust particles left are cleaned up too.

USEFUL GREEN CLEANING RECIPES

OVEN CLEANER: 1 cup of baking soda, 2 cups of white vinegar. Pour vinegar into the oven. Cover with baking soda. Leave overnight. Wipe in the morning.

WINDOW CLEANER: 2 tbsps of white vinegar, 4 cups of warm water. Mix, spray on window, wipe with a newspaper to avoid streaks.

CARPET CLEANER: 1 cup of baking soda, 1 cup of white vinegar, 1 cup of hydrogen peroxide. Vacuum, spread baking soda, spray with vinegar. Leave for an hour, scrub, rinse. If the stain is stubborn, use hydrogen peroxide.

DISHWASHER DETERGENT: 1 tbsp of borax, 1 tbsp of salt, 1 cup of lemon juice, 1 cup of baking soda. Mix them inside the dishwasher and set it on a long program and high temperature.

DRAIN CLEANER: 2 tbsps of baking soda, 1 cup of vinegar, 1 cup of lemon juice, 2 cups of warm water. Mix everything together and pour it into the drain. It's that simple!

ALL-PURPOSE CLEANER: 2 tbsps of salt, 1 cup of vinegar, 2 cups of warm water, Orange peels. Mix, leave for 24 hours, pour in a spray bottle, use on all kitchen surfaces.

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