

Kyle Holden

Graphic Design
United Kingdom

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

Professional Experience and Curriculum Vitae

Cleaning Please is a Manchester based domestic cleaning company (cleaners M45), that offers a range of cleaning services including carpet, rug, window cleaning etc. We also offer end of tenancy cleaning.

Call us to get you quotes for carpet cleaning, oven cleaning, window cleaning and domestic cleaning.

Choose also our local teams in Liverpool, Warrington and Stockport!

Previous Clientele

Please kindly get in touch for more information.

Awards and Accolades

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7 Dirty Places at Home You Didn't Expect



Kitchen

Dish towels and sponges are especially problematic, because they hold moisture and are used for multiple tasks. Also, the kitchen sink is constantly wet, which creates the perfect environment for bacteria to grow.



Bathroom

Shocking, but true: The place to go get clean is quite dirty. The toilet, bathtub/shower, and sink are all obvious offenders. They are a fairly moist environment, so bacteria can grow.



Salt and Pepper Shaker

Could one of the dirtiest places at home be right on the table where everyone eats? Unfortunately, yes! The salt and pepper shakers get grabbed several times a day during all stages cooking, baking and eating, and by several different hands!



Toothbrush

Yes, in fact the toothbrush is filled with germs! Not only microbes from the toothbrush holder, but also, because it's usually left out on the counter and all bacteria from other areas of the bathroom land on it.



Computer Keyboard & Phone

An office desk has more bacteria than a toilet seat! Yes, and it's not surprising - the toilet is cleaned regularly. Computer keyboards and phones get touched way more than the toilet. They are also shared by multiple family members and guests, yet they are cleaned less often.



TV Remote Control

It's dropped on the floor, stuffed between the sofa cushions, caught on and sneezed at. Everyone in the house uses it.



Knobs, Handles and Switches

Whether it's turning a door handle, adjusting the stove, flipping on the lights, or running the faucet, every time when someone touches one of these knobs or handles, they leave residue that can spread germs all around the house.

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Sources:

- *<http://www.webmd.com/women/home-health-and-safety/9/places-germs-hide>
- *<http://www.healthline.com/health/slideshow/germy-places>
- *<http://www.lifehack.org/articles/lifestyle/10-surprisingly-dirty-places-your-home-that-you-need-clean-now.html>

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17
Seriously Useful
Cleaning Tips

Microwave your sponge to kill 99% of germs and bacteria

Rub a faucet with waxed paper to prevent water spots and finger prints

Use a binder clip as a sponge stand

Use a seam ripper to get all the hair out of your vacuum bristles

Clean your vacuum filters in the dishwasher

Use an old toothbrush to clean the inside of your toaster

Use salt and potato to clean cast iron without losing the cure

Use a toothbrush and lemons to fully clean your sink drain

Use a bagel to safely clean old paintings

Clean your nasty oven-hood filter with boiling water and baking soda

Use a cotton swab dipped in vinegar to clean your window tracks

Use baking soda and vacuum cleaner to clean your mattress

Use an orphan sock, little vinegar and water to clean blinds

Use canned air to blow dust and debris out of exhaust fans

Clean dust off candles with a cotton ball and rubbing alcohol

Use a rubber band and a plastic baggie to clean your showerhead

Clean the dust off fan blades with an old pillowcase (and a ladder)

Source: <http://www.thecreativefinder.com/2013/01/17-seriously-useful-cleaning-tips-for-the-year-ahead/>
<http://www.thecreativefinder.com/2013/01/17-seriously-useful-cleaning-tips-for-the-year-ahead/>
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Checklist: Spring Cleaning

Indoors

- ☒ Check the walls and woodwork
- ☒ Get the carpets professionally cleaned
- ☒ Make a list of anything that needs painting
- ☒ Have ducts and vents professionally cleaned
- ☒ Dust and clean light fixtures and ceiling fans
- ☒ Call a roofing contractor to install new roof vents
- ☒ Hire a handyman to make all repairs to the small things
- ☒ Have the air conditioner or evaporative cooler serviced

Outdoors

- ☒ Clean the windows
- ☒ Check for splitting wood
- ☒ Remove storm windows and doors
- ☒ Look for paint that is lifting or peeling
- ☒ Power wash, sand and reseal the deck
- ☒ Inspect the entire exterior of the house
- ☒ Sweep off all spider webs and dirt from the exterior
- ☒ Hire a professional painter to waterproof and paint the house

Outdoors

- ☒ Replace splintered or worn deck boards
- ☒ Look at the roof for loose or damaged shingles
- ☒ Remove debris that may have settled in gutters
- ☒ Ensure that the downspouts are directing water away
- ☒ Repair the stucco around windows and doors as needed
- ☒ Attend to landscaping by spreading mulch around shrubs
- ☒ If necessary, make plans to install a new sprinkler system
- ☒ If you are thinking of adding a porch, call a professional now



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<http://CleaningPlease.co.uk/Stockport/>

Sources:

*<http://www.homesadvisor.com/articles/show/Checklist-Spring-Cleaning-10498.html>

*<http://www.renovateit.com/wp-content/uploads/2013/12/38-Seasonal-Maintenance-Checklist-Spring.pdf>

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