

**Janitorial editorial   [www.spongebon.com](http://www.spongebon.com)**

## **Blog – Spongebon Co LLC**

### **Welcome to New Hire!**



We are happy to announce, last month we hired Yelena O to fill the 30 hour a week morning position at HT. She comes to us with prior experience. Her father and a brother have worked for many years at the local schools. She has fit in very well completing tasks and taking great care to be sure things get taken care of .

Posted 7-7-17

## We Love Getting These Emails!



So nice getting emails like these! This came this morning in a email from a facilities manager at one of our work sites:

***“I just want to Thank you and your great crew for doing a GREAT job this year. I know it’s been hard with us at a max head count of over 900 employees. They all did Great Thanks”***

We are very fortunate to have such very wonderful, careful, detail oriented employees! Thank you Matt, Gavin, Shannon, Tegan, Lisa, and Morgan!

This entry was posted on 12/18/16

## Walk Off Mats and Runners



Having interior mats at your doors really helps!

Why is having a quality mat at your business entryway is a great idea?

Stop right at the door the majority of dirt, sand, and debris from entering on people's shoes, and from being tracked into your building. It will help extend the life of your carpeting and flooring. And will help improve appearance of your floors too!

This time of year – good quality and regularly cleaned entry mats help keep snow and wet at the door and reduce risks of slips and falls!

Looking for scheduled cleaning company to come in after hours to get everything clean and tidy for opening hours? In the Bellingham and surrounding areas, ask us for a free consult and quote! Email us anytime -24/7! [info@spongebon.com](mailto:info@spongebon.com)

This entry was posted on 12/11/16

# Do it yourself office cleaning tips:



Cleaning your own office spaces

## **Easy cheap supplies and equipment to have:**

- caddy for organizing
- toothbrush
- blue-back sponge
- white magic sponge
- a retractable razor paint scraper
- microfiber cloth
- microfiber duster wand
- spray bottle with mild solution cleanser such as vinegar/water
- spray bottle with disinfectant
- spray bottle with window cleaner
- disposable latex gloves
- toilet mop

## **Also:**

- dust mop
- wet mop/bucket
- broom and dust pan
- vacuum cleaner with hepa filter/hose and crevice attachment
- trash liners
- recycle containers well marked and located in easy access areas
- a rolling trash can with caddy apron attached

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A toothbrush is very handy thing to keep on hand for detail cleaning hard to clean tight spots such as around faucets, sink edges, window tracks, etc.

A blue backed sponge can help with cleaning dried on food substances. These work well for cleaning a microwave and insides of fridges, etc. and they're not as harsh as a green back, which can scratch surfaces.

A magic sponge when damp and used gently (too vigorous it acts like sandpaper) can help a lot in cleaning scuff marks, and smudges from walls, and door edges.

A razor is handy in removing tape from windows. Always spray the window and use the blade at a very tight, nearly closed angle. Do this only on a wet surface only to avoid leaving scratches. Be certain that the blade is retracted before putting away.

A soft microfiber cloth is handy for cleaning desk tops, lifting each item, cleaning then resetting as you go. A microfiber cloth works well for dusting and can be used damp as well as dry.

A good wand duster will hang on to much of the dust, instead of wafting it into the air to be breathed in and to re-settle on surfaces. Note: Dust doesn't just settle onto horizontal surfaces- once in a while it is good to clean your walls.

Spot cleaning windows is fine for daily...as in removing hand and nose prints from entry door glass for instance. But every so often a thorough indoor and out-door cleaning with a wand and squeegee is necessary. But for just the quick spot cleaning, be sure to use clean dry dust free cloth or paper towel. If you bend down and glance upward to check your work you can see where you missed. Also, sunlight will be your best critic. When cleaning windows be sure to wipe off edges, sills, tracks and trim. It can make a big difference in appearance if you take care of these details.

**Note: Label spray bottles and any container.**

A spray bottle with disinfectant (not necessarily germicide) is useful in periodic sanitizing of touch points in your offices. Places such as door knobs, door push plates, light switches, phone receivers, and handrails and of course touch points in restrooms.

A toilet mop and a sanitary container to store it in are pretty darn important. Be sure to flush and rinse well when done before putting it away. A good place is hanging over a custodial floor-sink but if you don't have one of those just place inside a cut away gallon plastic jug. The details of restroom cleaning – is a whole other, detailed and large topic and covered in another post.

Vacuuming more often really helps keep dust levels down and therefore making for better air quality.

Things like computers really attract dust....looks bad and not good for these things either.

If your vac has a beater bar be very careful vacuuming under desks where cords may get pulled in and damaged. Vacuum well carpet edges along walls and corners, as well as any baseboard edges. Move and vacuum under items such as trash cans and under chairs.

For a small to medium sized floor spaces a 24 inch dust mop is ideal. Larger ones will just be cumbersome. For hard surface floors go over with your dust mop before damp/wet mopping to get all the dust and litter. When mopping, do during a low use time (at night usually works best). Put up wet floor signs. Wring mop well as it would take long time for an overly wet mop job to dry.

Be sure trash is emptied regularly. If you see fruit flies or see employees holding their noses, you've waited way too long.

Having all of your office staff participating in a recycling program is not just good for the environment, it will help save the company money with less frequent pick-ups by the sanitation co as well as probably reducing to a smaller size dumpster...over time saving lots of money for your company. So, having recycle bins set around and well labeled is going to help.

*A regularly cleaned work place makes for healthy happy employees and helps give a good impression to your customers and clients.*

*If you'd prefer to hire a professional company to do scheduled cleanings consider Spongebon Co in the Bellingham WA area! [www.spongebon.com](http://www.spongebon.com)*

This entry was posted on 11/24/16

## Have a business in the Bellingham area?

Need quality cleaning service for your place of business in the Bellingham area? Contact us for a free quote – we can formulate a monthly flat rate for your scheduled cleanings. We clean offices, break rooms, meeting rooms, entryways, lobbies, restrooms, boardrooms, waiting rooms, and more ...

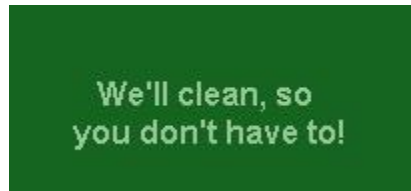


We can clean your offices!

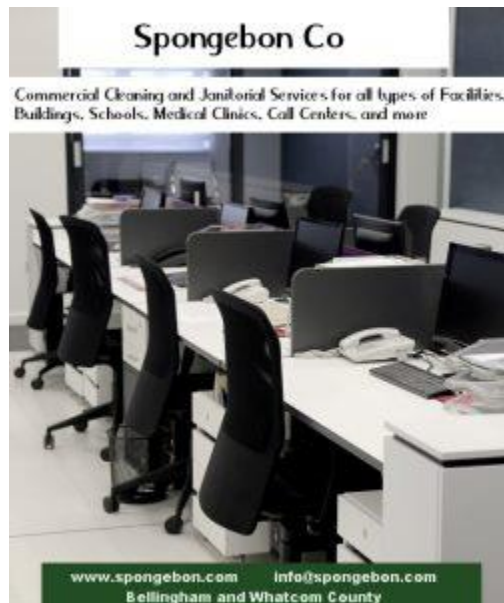
This entry was posted on 11/17/16

## We can schedule cleanings to suit your needs

Need office cleaning service daily? Or maybe once a week? Let us know what you need!



Yep, we can be your office mom!



We do commercial building cleaning service. We take out the trash, do the dusting, clean kitchenettes and lunchrooms, entryways, sanitize and clean restrooms, re-stock dispensers, sanitize touch points, etc.... For a free quote contact us by email anytime! [info@spongebon.com](mailto:info@spongebon.com)

This entry was posted on 8/4/16



**We can clean up so you don't have to...**



Yes, We can be your Office Mom!

Let us do the dirty work for you! We are licensed, insured and bonded.  
info@spongebon.com

Bellingham WA – Whatcom County

This entry was posted 7/18/16

**Recycling Benefits to Your Business**





## Recycle

Recycling- the benefits it can bring to your business:

### **Economy and environment – Waste reduction**

If everyone in your office or plant recycles there is much less going into the waste dumpster. Cost of removing recycle is less than the removal of trash. If you recycle you might be able to downsize the company dumpster to a smaller, a less expensive one, And, having less frequent pick-ups will save money. All saving your company much money.

It is not so difficult to set your building up for recycling. There are many kinds of office and factory floor bins and sorters that can be used. Your cleaning crew at night can make sure the recycle goes into the proper toters for pick-up.

If you want to read more about how setting up a recycle program at your workplace can help save money, visit **Toward Zero Waste** at Sustainable Connections.

<http://sustainableconnections.org/bizdev/tzw>

This entry was posted on 6/13/16

## **Benefits of having a cleaning service**

**Consider the benefits of professional janitorial cleaning services!**

Hey there! Are your added after work cleaning duties putting a strain on your business...and on you?



Cleaning services by Spongebon Co

This entry was posted on 5/18/16

## We are now listed on Alignable

### We are on Alignable



“Alignable believes Local businesses are stronger together so they built this free social network for local businesses. It’s the place where you can go to connect and collaborate with other business owners like you who are nearby, in your industry, or members of groups that you belong to.”

I was introduced recently to Alignable by Cynthia of Washroom Wizard, a local restroom cleaning company. As well as our business Facebook page, Twitter account and Pinterest, I also decided to sign up for Alignable. It looks like a great place to set up communication between clients, and businesses, share information and promote events and so forth. Even if you do not run a business it also can be a great resource for local organizations and community groups.

This entry was posted in on. 4/1/16

## A Resource for Cleaners

Since 1999 we have been running a resource website for people who perform cleaning services for a living. Today I updated it a bit after changing hosting. This informational website has been fairly popular over the years. It now has a link to a Facebook Group page where it is much easier for folks to exchange ideas and find answers. The website is [here](#)...

### [Custodial Worker's Resource](#)



For cleaners, janitors custodians,,,

The **Facebook Group** which compliments that website is [here](#)



For those who have cleaners working for them, these resources can give a good insight into what is involved in cleaning for a living. What we must know, learn, live and do to get the work done

right... to avoid repetitive motion injuries, to stay up to date on proper cleaning procedures, products and equipment, safety, etc. .

If you have anything you'd wish to share on either the website or FB Group page, feel free to "stop in"!

This entry was posted on 8/15/15

## **Our Talented Crew!**

Pending...

This video was posted on 8/1/15

## **Cleaning the toilet...the basics**

Video pending...

Error loading this resource

This entry was posted on 5/22/15

## **Staying Up to Date**

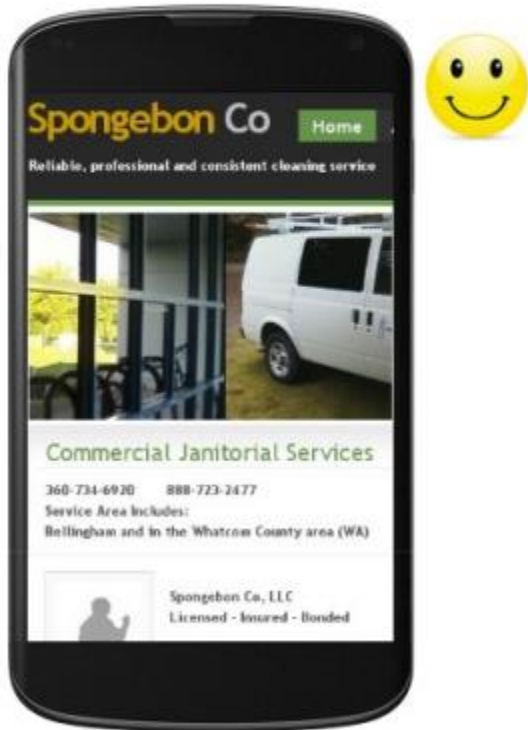
Recently Patti Rowison of [PR Consulting](#) shared a great article on how to get your website to be mobile friendly. Being as how so many people now are checking out business websites via their cell phones I thought I better check this out.

She shared a link to a mobile checker where you put the URL to your site and are able to find out if your website is mobile friendly...or not. Ours was not... so after tweaking some code in the

css file it was finally able to come up okay. Thank you Patti, for bringing this up and sharing on FB last week!

**Awesome! This page is mobile-friendly.**

**How Googlebot sees this page**



Spongebon Co mobile friendly

This entry was posted 4/20/15

## Scheduled Cleanings

SCHEDULED CLEANINGS



TRUTH BOMB



\*\*\*\* [www.spongebon.com](http://www.spongebon.com) \*\*\*\*

Regular office cleaning pays  
off with positive impressions,  
a healthier workplace  
for employees and clients,  
consistent cleaning practices  
increase longevity of flooring,  
carpets and more.

**Spongebon Co**

Why scheduled cleaning is important.

Need a cleaning service?

Hire us!



Need reliable? Need professional?  
Need quality?

Relax!  
Let us do the work!

A clean workplace is a happy place!

[www.spongebon.com](http://www.spongebon.com)

Safety Line

We can clean your offices,  
breakrooms, restrooms and more...

Want more information on having  
scheduled cleanings for your business?  
Give us a call, email or text!

360-734-6920      360-224-2038

[morgan@spongebon.com](mailto:morgan@spongebon.com)

[www.spongebon.com](http://www.spongebon.com)







Office Cleaning Service tasks include dusting



We will make it shine: Every time!

This entry was posted 4/20/15

## Some Green Cleaning Tips

Hey! Just a fun video explaining a few green cleaning tips from Spongebon Co!



This entry was posted 4/8/15

## More About our Crew – Our Heroes!

Just wanted to take a little time today to talk about (brag about) our employees. We have a wonderful crew. They are honest, hard-working and go the extra steps to make sure their tasks get done well. Today I'd like to feature our mid-morn day shift guy here. Matt McElroy. He always goes in to work with a great attitude and takes care of all that needs to be done while the building is in full use. This is no easy thing. But he does it well. Thank you Matty!

All of those in our crew are super heroes. The work is hard, dirty work, but they take pride in what they do. Communication is very good thus making keeping everything together and making communication with the clients a breeze.

If you ever see one of them, give them a pat on the back! You'll know them from the black and gold tee with the Spongebon Co logo and by the look of noble concentration upon their face.

Thank you Matt, Sam, Shannon, Tegan, Morgan

-bonnie (admin)

This entry was posted 3/30/15

## They Like Us!



Our happy clients!

Our clients like us! To see what they say visit the referral and testimonial page [here!](#)

We consistently do our work well and effectively maintain communication with all of our clients. Give us a try. Contact us to set up a meeting/walk-through and free quote for your building. Contact us for our full list of references. To read more about us and our crew members check out our website's **about** page.

This entry was posted 3/20/15

## Lining Trash Cans – Securing Liners



### Lining trash cans

When putting a trash liner in a receptacle there is sometimes the problem with the liner slipping down into the can. A loose liner ...ack! ...where when something is first tossed in it will push the liner down into your can and anything else tossed in after will ooze, drip, stick to, contaminate and stink up the inside of your unprotected can. Yuk, what a mess!

If you have a lot of trash cans to empty, finding “dropped” liners with wet messes ...well, it’s sure not fun. It takes extra time to wash and dry receptacles, so lining them correctly in the first place is the goal here.

I’m going to list a couple of methods here that can be used to keep your trash liner in place.

Tying a simple [overhand knot](#) in the bight at the opening top edge of the liner works well. First take up a piece, or bight of the edge and looping it into a single knot and pulling snug. On your first attempt, do your knot loosely so that if you’ve taken up too much or not enough you can untie and try it again. Then as you practice you will be able to know how much bight to grab and tie off so that the liner will fit snugly.

Another tying method is to split the bag at the top edge about 6 to 9 inches then place the liner into the can and then tie those ends in a simple double knot near the top rim or edge of the can. Though it’s good to make sure the liner does come down the sides of receptacle or cans to cover any handles. This will help make sure dirt, litter, drips don’t get into these spots. You just want the “ick” inside the liner.

A note on the split and tie method: If the liner is extra wide or oversized for the size of the can, you can actually do this “tie” without splitting the bag’s top. Just grab two bights about 4 inches apart and tie these together. *Doing this as it is on/in the trash can is best. The image below just shows tying method using 2 bights.*



#### Other Methods:

Some folks use huge rubber bands to secure trash liners. And some will secure garbage liners with tape. But, I have found the first 2 methods work just fine.

When dumping trash you can easily pull liner, trash out in one piece and toss into your collection bin. But if the trash is not “wet” trash and if you really want to re-use the liner that’s in there you can just dump the contents, leaving your liner in place to serve another day!

If you have a great way to keep garbage liners in place let us know! You can email us from our [contact page](#) or visit our [facebook page](#) and share!

This entry was posted 2/20/15

## Workplace Spaces



Clean Spaces

**The workplace should be a clean place.** Not just for health and comfort, but also for what your spaces tell your visitors and any colleagues or customers who may stop by.

Your lobby or front reception is a place of welcome and should represent your company by being clean and tidy.

Your meeting room(s) should be set up and always in a clean tidy state for business whether scheduled meeting usage or for any impromptu use.

The offices/cubicles should not have overflowing stinky trash cans. These areas should be dusted and floors vacuumed often to keep dust down and appearance up.

What do your windows say about you? Windows should be cleaned free of hand prints and smudges daily. And a total inside-outside cleaning should be done on a regular basis.



Clean lunchroom and breakroom areas

Breakroom / Lunch rooms should be clean and sanitary places to eat and rest up. This should be a place where your crew will not be afraid to set food on a table. Countertops, sinks, tables, appliances and floor should be clean! Floor mats should be vacuumed and trash should be removed.

Restrooms...ah, this is the crunch! If these rooms are not cleaned really, really well and consistently they will stink. If they are not re-stocked...well, you know that people who come into a restroom and find there's no toilet paper are not happy people, right?

Trash removal. All trash cans should be emptied daily. Recycle containers should be emptied into proper collection area before overflow to encourage folks to recycle consistently and to not just toss into any old trash can that might have room.

Most places will hire a cleaning service to come in nightly to clean these spaces. At night the cleaning will not be so apt to disrupt your employees. But, some places use daytime cleaners. Whichever you choose for your business, the important thing is: **CLEAN SPACES.**

This entry was posted 2/6/15

# Tackling the Neglected Toilet



toilet cleaning

After all the many years of being in this business of cleaning I have discovered many fine methods for cleaning different kinds of areas and surfaces. Here are some methods for toilet cleaning. This article mainly explains how to get an extra filthy toilet clean.

When you come across extremely thick gunk deposits in a toilet – to loosen up this “bad look” what works really well is vinegar. I have successfully used this with some first time cleanings of toilets where there were challenges – bigger deposit chunks and stains in the bowl areas.

An excellent method for cleaning lime scale deposits and stains without using harsh chemicals is by using a Shaws Pad. These things work very well removing rust stains, hard water and calcium deposits, getting rid of “the ring” and stains down in the throat of the bowl. Shaws Pads can be found here: [EasyEcoClean](#) is a locally owned business.





### Shaws Pads

There was a toilet I needed to clean which was so horribly “grody” having such thick deposits that the client was considering replacing it. But, the vinegar method I used worked wonders as a first step. Finishing up with a Shaws Pad made this toilet look like new! The client was pleased.

1. Push much of the toilet’s sitting water down using 5 to 10 pushes downward with a toilet mop. Then just pour vinegar full strength (can be any type of vinegar) and let sit for two hours or more. For thicker deposits you can repeat the vinegar soak and can also help the process along by using a non-scratch implement such as a plastic handle of a tooth brush to carefully pry and “scrape” as it soaks.



Toilet cleaning daily with toilet mop and disinfectant prevents deposits and stains

2. I used the old toothbrush handle to loosen as much of the deposit in this toilet as possible. The stuff really just came right off and was not looking too bad underneath. And, no, the tooth brush was not the clients’ ... I always keep spare tooth brushes in every cleaning caddy for detail cleanings.

Anyway, using vinegar for loosening thick lime scale-mineral deposits is much more environmentally friendly than using harsh acid bowl cleaners. Many of these types of chemicals can damage a surfaces it is not meant for, and If left on too long etching can occur.

3. Finish up by getting the detail areas clean and by using a Shaws Pad to clean all the stains and remaining deposits in the bowl. For most toilets all you would need do is the basic cleaning, regularly, and with the occasional use of a Shaws Pad to keep your throne in good shape.

The best way to keep and maintain clean, deposit-free, stain free toilets is by **not letting the deposits occur in the first place**...to clean them regularly, daily ... making sure **all** surfaces are cleaned and sanitized properly, above and below the water line. And being certain to clean the blow, including under the rim, under the waterline, the throat of the bowl, the outside, underneath, the base, tank, lid and surrounding walls behind and to the sides.

Make sure the hinges of the toilet seat are cleaned too. On a home style toilet you can flip the hinge covers up and clean there, and even unscrew and remove the seat to clean more thoroughly right where the hinges sit. As we all know some “pee-ers” don’t always have good aim. The hinge areas are a yuk spot for sure where mysterious odors can often be traced. Bad smells will be eliminated with extra special cleaning care. Getting the details are important for sanitation as well as appearance AND for eliminating stink.

If YOU have found a good method for removing mineral deposit stains let me know! We definitely want to hear your really grit story! Visit our [Facebook](#) page and leave comments!

Thank you Cynthia Powers of [Washroom Wizard](#) in Bellingham, for introducing me to Shaws Pads!

This entry was posted 1/23/15

## You just want to go home!



Stressed? Need Help? Hire a cleaning service!

### **Stressed? Feel like you're doin' it all?**

End of your work day and ready to go home, **but**...arghh, you remember you have to empty all of the trash and haul it out to the dumpster, clean and sanitize the restrooms...and so much dusting needs to be done, but you're too tired, so you are leaving it for next time...

**OR, how about this?** You could delegate the nightly cleaning to a professional janitorial service! The benefits go beyond the clean you'll get for your money. You will be able to focus on your work and not have to work after work. We pay our own crew, employment taxes and insurance, take care of crew training, we carefully choose and have background checks done on prospective employees before they are hired for any worksite... Oh, yes and quality checks are done to make sure all scheduled tasks are properly done for you.

Communicate to us the day before regarding any extra cleaning tasks that you may wish to have done, and we are on it. If we find any problems or building issues during the shift your designated emergency contact would be notified quickly.

Coming in to a workplace that has not had trash dumped or dusting has gone far too long, hand prints clouding up entry windows, restrooms a wreck with no toilet paper... this is not only a bummer to you and your employees but also comes across as a bad scene to your arriving customers and guests. The look of the building, the smell of the building and the germ count...important things to consider when deciding if you want to hire a cleaning service for your place of business.

Remember, a cleaning service is a smart investment for most any company. Do you have a break room, restrooms, boardroom, customer entry areas? You definitely want this all to be clean, fresh smelling and neat **every day**. Hire a cleaning service...it's one less thing to worry about. Less stress, more time for you! We're in the Bellingham area - call us! [Spongebon Co](#)

This entry was posted 12/4/14

# Networking Locally - Bellingham



Whatcom Networking group

Recently attended a fun networking meeting in Lynden, WA. The group is called **Service Industry Professionals of Whatcom County**. It was set up by mentor, Gavin Green, of Bellingham Carpet Care Cleaners. Thanks Gavin for inviting me! If you know anyone local who runs a business providing service(s) let them know about this great group! Meetings are 1st Tuesdays of each month and it's free. We can learn, we can share. Here's the link to their informational facebook group page:

Update: Gavin's next meeting will be Dec 9th at noon at Xing's at Sunset (1145 E Sunset Dr. Suite 115). If you know anyone who may be interested in attending please give them this information. Not sure this is for you? Well, it's "for all Window Cleaners, House Cleaners, Carpet Cleaners, Painters, Plumbers, Electricians, and anyone else who wants to socialize with their fellow service industry professionals here in Whatcom county." This group is now called Bellingham Executives Association or BEA. Check out the group page: [BEA](#)

This entry was posted on 11/5/14

# In-Between! Clean!



Your office cleaning service may be contracted to come in daily/nightly, or perhaps just weekly? Well, if your cleaner is scheduled for once a week service, here are some useful tips for maintaining and helping to keep your workplace looking good between those scheduled cleanings.

*Also am adding some things you could do to make it more productive for your cleaning person when they do come in.*

It's handy to keep moist wipes at your desk any for emergency clean-ups. And disinfectant wipes are excellent for killing germs on your phone handset and other high touch areas.

Keep your own key board, mouse and screen clean.

Make use of the entry mat and wipe your feet on it when you enter the building.

When going through a door avoid pushing directly on the glass of the door. The door-push or a door knob should work well in opening most any door. ∴ This will help to keep smudges and prints on glass to minimum and helps to keep your workplace looking that much better.

If someone at your office is responsible for the ordering of refill supplies for dispensers be sure they order ahead so that important supplies such as toilet paper do not run out.

Make sure trash makes it into the trash can and that any recycle items goes into the appropriate recycle receptacles.

Trash liners can be **re-used** ... if: 1. you wrap refuse gum in paper. 2. You do not toss liquids or partial filled coffee or soda containers into your trash.

Take your food items home at the end of each day or throw out any perished food items. Keeping a shared refrigerator clean is very thoughtful for the others who also use it and it certainly does help the cleaner who might be contracted to thoroughly clean the interior of it on their scheduled visit each week.

When using the workplace microwave be sure to cover your food before cooking it and do clean up any splatters or spills that your microwave use may have caused. The next person to use it will appreciate this.

Be responsible for your own personal desk items such as nick-knacks, photos, etc.. Remove or put away knick-knacks and desktop clutter prior to your cleaning service's arrival so that dusting can be more effectively completed.

With a little effort and planning, each employee can very easily contribute to helping in keeping their workplace spiffy between those scheduled weekly cleaning shifts.

This entry was posted 10/5/14

## **Welcome to another new crew member!**



Sam R., our new permanent night crew member will be working at one of the larger facilities where we supply daily janitorial cleaning services.

Welcome to the crew Sam!

This entry was posted 9/9/14

# Building Security and Your Cleaning Crew



## **How the workplace should be left when your cleaner is done:**

Making sure windows are shut and locked, testing locked doors to be sure they're truly latched and locked, and setting the alarm. Making sure space heaters and any other non-essential appliances are turned off, taking proper steps when finding a broken window. These are some of the things a good cleaning company covers when training their crew members.

When your night cleaners are done, do they do security checking before leaving?

This is really important to have reliable people who will shut any windows that your employees may have left open and latch them. And to make sure all exterior doors are latched and locked. Also a money saver if they turn off unnecessary lights as well.

Do they communicate effectively when they find something amiss? Something such as missing light switch cover should be reported but can certainly be done in an email, text message or note left for the building manager to find next day. But, something such as a broken window or an exterior door that will not latch properly needs to be reported and remedied right away. So, a good cleaner not only knows how to clean well, they will also take time for important security steps each and every shift and they should know what to do when problems arise. They should have the correct emergency contact information for your building. They should follow common sense.

As they go through your building, cleaning:

- They should notice any problems and note them down.
- They should report instantly any problems needing immediate solutions.
- They should shut any open windows room by room.
- And turn off any lights not needed with the exception of security night lighting.



- They should be checking all exterior doors before leaving the job site to be sure they are all securely latched and locked. This is a very important detail.
- If your building is alarmed- they should set the alarm before leaving.

If your cleaner is responsible, with good common sense and is one who takes the time consistently to conduct end of shift security, this will eliminate a lot of worry for you and your company and could save your company from the possibilities of theft, vandalism, etc..

This entry was posted 8/30/14

## Crew Update



Now have the excellent Tegan B. working as an interim sub at Heath Tecna while my wrist heals. Big thanks to crewmates, Matt McElroy and Morgan McGlothern, who have also pitched in with extra hours to help me out! So bad when accidents happen, but so good we never drop the ball and continue to keep our clients happy!

This entry was posted 8/28/14

## Our Commercial Cleaning Co!

To read our latest company news such as hiring now, and new photos, information on some first steps to getting your estimate set up and other information check back here at our blog, visit our business Facebook page or just contact us anytime, 24/7.



We clean commercial facilities

This entry was posted in 8/22/14

# Workplace Keyboards & Mice – Germs Make Me Sick!



If you share office spaces with other employees the germs you also share can be found in abundance on surfaces such as keyboards, computer mice, and phone receivers.

Besides frequent hand washing, it can be very helpful to regularly sanitize those surfaces.

For keyboards the best way to clean can vary from desktop to laptop. To be sure you cause no damage check the manufacturer instructions or equipment's user manual. Make sure the laptop is turned off or in the case of a desktop unplug the keyboard (remove battery if there is one). The first step can be to gently let gravity take care of crumbs and loose debris by turning the laptop/keyboard upside down. Do not shake the laptop. The use of canned air can be used but follow the instructions on the can.

**To sanitize** use a clean microfiber cloth. Spray the cloth lightly with something like Odoban or with a mild solution of vinegar and water... just a tad and do not over-wet the cloth. Do not spray directly on the keyboard.

The cloth should just be slightly damp. **There should be NO drips.** Gently wipe the keys.

The mouse should be unplugged or turned off, then simply wipe it with the slightly dampened cloth.

The phone handsets can also be sanitized using the same method as done with the mouse.

Illnesses and which are commonly passed around when sharing a keyboard are: pink eye, colds, flu, diarrhea, Impetigo, pinworms...

Here are some other surfaces that harbor germs: light switches, door handles, microwave handles, elevator buttons, water fountain handle, refrigerator handles, stairway handrails, photocopier buttons.

This entry was posted 8/16/14

## Sponges, Floor Pads and Colors:

Here's something kind of interesting about the sponge you use at home...



... AND how your professional janitorial service knows exactly what to use to safely and effectively clean surfaces and for the cleaning and finishing the floors at your facility.

Did you know that the differences in harsh to mild usually relates to the colors of the sponges or their backing?

The normal standard is **dark** to **light** = **harsh** to **mild**.



For instance a green or dark green backed sponge is a choice you would NOT want to make to use on windows, mirrors, Plexiglas, white boards, smooth finish stainless steel, many metal finishes, etc. ...or on your car's finish for example. This type of sponge can haze, scratch and damage a lot of surfaces so be very careful when using these anywhere. A plain sponge or a

white backed one would be the best choice for these surfaces. A blue sponge is a middle of the ground choice, and most times a good product to use for general cleaning, but still be aware and careful of which surfaces might be safe when using any abrasive cleaning product. When in doubt, check with the manufacturer or refer to any cleaning instructions that came with the item you wish to clean.



Most manufacturers of floor pads use this same coloring standard. The darker the pad the harsher it is, and the lighter the color the softer. A black pad is the harshest or roughest, and is normally used to strip old finish from flooring. The brown also for stripping but not as harsh or rough, then the blue is less harsh. red is ok for basic scrubbing of floors...and then when you get to the lightest color, white, these are quite soft and are used for polishing and burnishing.

*We buy our floor pads and sponges at [Bay City Supply](#) in Bellingham and at [CleanFreak](#)*

There's a great video by The Janitor Store, on choosing the correct buffer pads: [Janitorial Store](#)

This entry was posted 8/4/14

## **Should YOU hire commercial Janitorial Services?**



### **How to know if your business should contract for regular cleaning service:**

If you've taken on the tasks of trying to keep your facilities clean yourself and it just really cuts too much into your business time.

You are unsure of which products or equipment to use for safety, health and results.

At day's end everyone is heading home but you must stay and don the rubber gloves...

The day to day of it is wearing thin.

The "In-house" employees that have volunteered, lose interest and the cleaning just does not get done.

Your restrooms do not smell very good. You can smell it from the parking lot?

Employees and customers frustratingly and embarrassingly find no toilet paper in the restroom's dispenser. Do you hear someone yelling? Paper towel dispensers...empty?

The floors have gotten gritty and looking filthy.

The carpet has "dandruff" and it's getting worse. Did it just move?

Entry windows show handprints – definitely not a good business image.

The health of the environment there is questionable. Air quality, bacteria on public surfaces.

The dust is causing issues with employee health and devices. Allergies, germs, "cloggitude". Employees calling in for sinus infections, computers heating up, etc.

The break room smells like very old garbage and rancid grease. Did someone forget the trash again?

Things fall from the roof of the microwave into your coffee warm-up. Ewwww.

You notice your employees have begun to take their lunch breaks elsewhere other than the break room. See them out there in the rain?

The business “image” is just no longer a clean one? Guest or customer walks in and their eyes do that thing. You know what I mean.

If you want the place cleaned consistently and well and dispensers filled nightly without fail you might consider searching for a reliable cleaning service. Spongebon Co LLC is available to get it done for you. We contract for commercial cleaning in many types of business and industrial settings from offices to factories and everything in between.

We can provide a free consult, walk-through and estimate and can supply excellent local references. (Whatcom County/Bellingham)

This entry was posted 7/22/14

## We're Hiring!



**Part-time janitorial job – This is a permanent long term position.** Two nights per week to start out. The hours are from 7 pm to 2 am, weeknights. This job will include additional on-call subbing. And there is possibility of some more permanent shift hours being added later on. We are looking for a reliable, honest, detail orientated, and consistent employee. Prior janitorial experience preferred. Must be able and willing to reliably communicate: verbally, by texting (cell phone necessary) and by checking and replying to email.



Tasks involve quality janitorial duties. This job includes vacuuming with a back pack vacuum, collecting and taking out trash, cleaning restrooms, restocking dispensers, cleaning lunchrooms, mopping, and auto scrubbing floors, etc.. Requirements for this job are: Must be able to get along well with others, and to accept instructions and being adaptable in sometime changes in routine as in subbing. Must have reliable transportation to job site – showing up to work is necessary no matter what the weather. Have ability to use a back pack vacuum for long periods. Ability to lift up to 40 lbs. Be able to do janitorial tasks consistently and well and to have good attendance habits. Must be at least 18 years of age. We do background checks.

Please **email** us with any questions. [contact here](#). Application is here: [application](#)

This entry was posted 7/8/14

## Are we worth it? You bet we are!



When selecting a cleaning company, is **price** or **quality** more important? If you say price you're not alone. But price alone may not indicate the best value. Would you sacrifice quality for the lowest price? Or perhaps invest a little more in quality that you can count on day after day all year long?

When it comes to professional cleaning/ janitorial work, we know that we may not be the least expensive, but the best value rarely is. Here is how we provide great service for your money:

- **High employee retention.** Our staff turnover rate is much lower than most in this industry in part because we pay a good wage. You'll get experienced cleaners who do quality work every time.

- **Prolonged facility life.** Our cleaners know how to care properly for your space, extending the life of your facility and minimizing money spent on future maintenance.
- **Continuous Improvement.** We offer quality control inspections, and client walk-throughs to keep track of money-saving opportunities and efficiency improvement and to be certain the job gets done.
- **Versatile staff.** Our staff is cross-trained to clean a huge variety of spaces including bathrooms, lobbies, data centers, restrooms, kitchens, and more. They are also trained in sustainable cleaning methods and how to keep a safe and healthy work environment. Each crew member undergoes yearly blood borne pathogen training and other safety training. Communication and the importance of giving and receiving information in a timely manner is also part of every crew member's training.
- **Reliability.** Your crew member will arrive on time for each shift and complete all of his/her tasks. The shift will be covered no matter weather or circumstance. A trained sub will be available should your person need a day off for illness or for time off for vacation days. (in which case you would be notified in advance and be provided an opportunity to meet the temporary replacement. Each crewperson is easily identifiable, wearing a company shirt (uniform) and wears or carries proper identification during all shiftwork. Each employee is well versed in building security and certain of strict importance of securing doors and windows during each shift.
- **At your service.** When unexpected issues arise, clients can always count on us for help. You can reach us via cell phone, text, voicemail, or e-mail. We're at the ready 24/7.
- **Our equipment,** auto scrubbers, (our Advance auto scrubber, Karcher auto scrubber, EDIC Pilot scrubber, 6 Hepa filtered back pack vacuum cleaners, buffer, carpet extractor, microfiber dusters and mop heads, window cleaning equipment, washable re-usable cloths, etc.. These items are continuously maintained, and upgraded. With these pricey items the work we do for you is efficient and thorough. And remember we provide any required PPE, pay the employment taxes, the L&I fees, payroll costs, training, supervision, etc.. These are all things you would not have to think about or spend time and money on ... unless you use your own in-house labor.
- **Our company is licensed, insured and bonded.** Proof of insurance is provided to any prospective client during the bidding phase as well as our excellent references.

**Spongebon Co LLC**

This entry was posted 7/2/14

## **Fitness Centers, Gyms, and Weight Rooms**



### Cleaning and Sanitizing Tips for Fitness Centers, Exercise Rooms, Gyms, and Weight Rooms:

Not just in your reception area, the restrooms, windows, carpeting and shower rooms, but also focus on the cleaning and maintaining of the flooring and equipment. These should be cleaned and sanitized at least once a day.

Most flooring used in these types of facilities are texturized rubber mat flooring. This type of surface stubbornly holds onto fibers, chalk dust, and sweat stains. To stay on top of this we recommend nightly vacuuming with a hepa filtered backpack vac and then thoroughly damp mopping with a solution of vinegar and water. (half cup vinegar to one bucket of water). If the rubber floor is continuous an auto-scrubber will work really well and will do a much better and faster job than mopping.

Exercise equipment can be wiped down with a solution of vinegar and water (vinegar cleans and does kill germs, use about a quarter cup of vinegar to a pint of water.), or with a germicide such as Virex or Odoban (which has a nice smell). Most facilities have germicidal wipes available for clients to wipe down their equipment after each use. But, to be thorough also have your nightly janitorial crew go over everything again.

Dirty equipment can definitely turn off your patrons. And dirt, salts and oils can cause damage to equipment padding... The main consideration is transmission of germs and viruses in an unsanitary environment. You can stay on top of this with professional cleaning on a regular schedule using the right equipment and cleaning solutions.

*photo by [www.localfitness.com.au](http://www.localfitness.com.au)*

This entry was posted in 5/21/14

## Recycling from the custodian's point of view



I'm happy to say most of the places where we are contracted to work they have set up systems to encourage recycling.

For instance, at Heath Tecna they have recycle totes, barrels and containers for this purpose. They have very nice recycling stations all over their facility. Each meeting room, every office complex and all of the eating areas all have recycle receptacles in easy reach and plain view for their employees.

And almost everyone knows what to do. But since not everyone is on board I am putting together a short Do and Don'ts list:

**DO:**

1. In Glass and Cans receptacles be sure that the item you are tossing is empty.
2. Rinsing out bottles and cans is nice and helps combat any fruit fly and odor problems.
3. Look to be sure the receptacle is the correct one for the item you are depositing...cans/glass, paper, cardboard, etc
4. Break down boxes before putting into cardboard dumpster.

**DON'T:**

1. Do not put food items and liquids into the recycle receptacles (unless of course it's a designated food "toter")
2. Pizza boxes – do not recycle (grease, food residue)...but can be composted. See this information by our local sanitation service in Bellingham, WA , [SSC Inc.](#)
3. Do not put any items with hazardous contents or residue in there.
4. Do not put Styrofoam into recycle.

If you know of any good Do and Don'ts for the list feel free to comment!

This entry was posted 4/10/14

## **We're on Facebook**

<https://www.facebook.com/SpongebonCo/>

This entry was posted 4/2/14

## Spongebon Co, LLC Equipment

The proper equipment is necessary to get the cleaning job done right. Here is a little about what we use when working at our job sites.



We have hepa filtered back pack vacuums. 6 of them plus a cordless ProTeam vac. These are really good especially for cleaning office areas where there is naturally a problem with dust. They are better for air quality concerns and just much better at getting at those edges and corners than an upright. The back pack vacuums are also good in that there is less apt to be damage done to computer cords and wires which are usually laying under desks.



Our company also owns floor equipment such as our Advance Micromatic auto scrubber. This one is so good at cleaning larger floor areas such as in lunchrooms and the larger rest rooms. It scrubs and then vacuums the dirty water up leaving the floor surface much cleaner than when just using a wet string mop.



We also have 2 smaller auto scrubbers and a swing machine (buffer). One of the smaller auto scrubbers which we purchased at By City Supply is this Karcher. (see above) It does a very good job on the terrazzo restroom floors at Heath Tecna. We



Our carpet extractor is handy for going over areas where employees have been a bit “un-careful” with their coffee and sodas in the carpeted areas of buildings. But, do recommend that if you need a total carpet cleaning that you contact Gavin Green at [Bellingham Carpet Care](#) Cleaners.

We use Earth friendly products and washable cleaning cloths. We also have special microfiber cloths for window cleaning.

We keep in our storeroom a good supply of sponges, mop heads, and the other necessary supplies and equipment needed to do a great job.

If you have questions about what we use for commercial cleaning feel free to call or email anytime.

This entry was posted 3/29/14

## Keeping your workplace refrigerator clean



Workplace refrigerator -keep it clean!



At work, lunchrooms, and break rooms should be places of comfort, rest and where you can eat your lunch in clean smelling, sanitary peace. You should have a nice clean cold place to store your lunch.

That community fridge: Are you afraid to open the door? Is it filled with grey and green fuzzy filled containers? Are bad smells emanating from unmarked bags? Are there gooey oozing messes on the shelves? Can you even find room to add one more thing in there? Would you want to if there was room?

A common problem at many buildings is the shared office break room refrigerator. Some rules and understanding of basic courtesy and hygiene is really important. So it's important for everyone there to be onboard with THE RULES. This is the way to fix what is wrong.

Here's what we suggest:

Post a notice with a dry erasable film/coating directly onto the door of the fridge. Keep a dry erase marker and a roll of painter's tape nearby for labeling lunches and for updating the notice.

On the notice post your rules, such as:

- All items must be labeled with owner's name and date
- No coolers or overlarge containers allowed
- Remove your items by 8 pm Fridays
- If you spill it – you clean it.
- No unopened beverages allowed
- Be aware on Fridays everything to removed or will be tossed out.

Then, using the marker on the notice jot down the latest clean-out date and also write down when the fridge next will be checked and cleaned out.

Assign a different person each week to take charge of monitoring and clearing the fridge. The person in charge will make sure anything not marked, or which has gone bad (marked as over a week old or was unmarked) or any items otherwise breaking the rules goes into the trash. When starting out though do give enough notice so that everyone is aware of the new system. It's only fair!

This entry was posted 3/16/14

## **Respect the Client? – Yes we do!**



When cleaning for our clients we always totally respect their property, their equipment and their business.

**Things we never do:**

We will never unplug any equipment, computers, or any cords in order to access power to run our vacuum or other cleaning equipment. We will use only unoccupied outlets.

We will not use the clients' property such as copy machines, computers, radios, stereos, etc. Ever!

We will not sit at desks, or open any drawers, doors, cabinets, or anything not directly involved in the performance of our tasks.

We will not read your notes, screens, or relay any proprietary information from your place of business.

We will not be eating, or drinking beverages in your offices, or smoking cigarettes anywhere on your property.

We will not bring in visitors, friends, pets, children or any outsiders in to work with us. Only our bona fide employees will be on site.

We will not make personal calls while "on the clock".

We will not take anything that has been thrown away by the client. Avoiding misunderstandings which could be misconstrued...

If asked to dust desk tops we will do our best not to disturb the layout and locations of personal items left upon each desk by its occupant.

If anything is inadvertently damaged or broken by one of our crew you will be told about it and recompense will be offered.

**In essence, how we treat our clients is how we ourselves would always like to be treated whether at home or the workplace**

This entry was posted 2/15/14

## **We can do that!**

Take out the trash? Sure! We can do that!



Contracting us for doing regularly scheduled trash removal, dusting, vacuuming and more we'll be keeping your high visibility as well as your behind the scenes areas maintained...What you get is a clean and healthy workplace. Contact Spongebon Co in Bellingham, WA for free estimate. Can supply references.

This entry was posted 2/12/14

## **Cleaning – you want it safe for you & safe for our planet**



### **Products we use for cleaning:**

We purchase **re-purposed cotton cloths** for our larger window cleaning work. Washing and re-use these over and over and over. Also using the **UltimateCloth**, reusable cloths, sold locally by Bay City Supply in Bellingham, WA. These reusable cloths work really well for spot cleaning entry windows, cleans and puts a nice shine on chrome, etc.. And they last a very long time.

Our favorite cleaning solution to put into use where ever and whenever possible is **vinegar** and **water**. We also utilize **baking soda** for many purposes from scouring a sink to putting a shine on a water fountain and more. And hey! It is simply amazing how just plain water cleans!

**Sustainable Earth Washroom Cleaner 70** for cleaning restroom walls, stall walls, etc. This “green” product is peroxide based and we find works really well on grout and tile walls and floors under urinals.

**Ph7 Neutral floor cleaner** – mild, safe mop-water additive for regular floor mopping or auto-scrubbing floors.

**Virex 256 disinfectant** used mainly in healthcare settings as well as in other facilities. We do use this product and feel it is really good. Although we are constantly checking and researching other types with the goal of finding the most effective as well as safest product. Virex destroys viruses, bacteria and is also a fungicide. Kills MRSA and VRE. Meets blood borne pathogen standards for decontaminating blood and body fluids. Some of our clients purchase this for use in their restrooms and shower rooms. We also purchase this product for our worksites. Pricey, but a little goes a very long way.

**Procyon Extreme** – carpet cleaner: soap free, odor free, and is environmentally safe. We purchase this at Bay City Supply in Bellingham.

Of our favorite toys/ gadgets/equipment that we use are our **Active Ion** sprayers. We have 3 of these now. It appears maybe the chemical companies bought them out as these are not sold from their main site anymore, But we bought up 2 more when we found out about this. (try eBay) These sprayers use just plain tap water (no chemicals)They ionize the water and can kill up to

99% of germs and viruses. These are good on table tops, sinks, microwaves and counter tops, where you NEVER want chemicals and chemical residue near you or your food.

**Repurposed tooth brushes.** These are a great piece of janitorial equipment! Wet and dip in baking soda and really get crevices around the faucet and drain super clean. Great tool for cleaning other hard to get to places as well.

**Recycling:** we assist the client in disposing of recyclable trash into their proper receptacles which are then scheduled for pick up by their local recyclers.

Air quality: we use **hepa filtered back pack vacuums**. A thorough and regular vacuuming reduces dust and allergens. And this type of vacuum cleaner is much kinder to any cords or wires under desks than using an upright.

Commercial building business owners that “go green” benefit from financial gain from improved employee health, productivity and retention, to lowering their operating costs... and also might take advantage of certain government incentives as well.

At Spongebon Co LLC like other cleaning companies wish of course to make our work more efficient and easier, but we also want to reduce negative environmental impacts as much as possible by working green – while maintaining good clean results using products that are safe and sustainable.

This entry was posted 11/30/13

## Janitorial and Cleaning – Reliable Service



Building managers and business owners have a lot on their plates. Keeping the place up and running smoothly, working with clients and customers, keeping schedules, networking, maintaining everything... Worrying about the integrity of their cleaning staff should not have to be in the mix.

Finding and retaining a cleaning service that you can trust and who know their stuff and who are reliable is the ideal.

When looking for a new janitorial service – here are some ways to sift through the very many cleaning companies and “trunk slammers” bidding for the job:

**The positives:**

1. Word of mouth. Others compliment or recommend the cleaning company.
2. Checking their references and getting positive feedback.
3. Finding that they do have insurance, bonding (proof) and are licensed to do business
4. Prior experience and how length of time they have been in business.
5. Do an online search for possible complaints and finding praise, good ratings, positive presence.
6. When meeting in person for an estimate, and walk-through. A positive gut feeling because communication is easy and on how they represent themselves.
7. They have a definite back-up in place to cover any shift where a crew member might call in sick.
8. Be aware that a *bona fide* cleaning company pays its employees well enable to retain quality workers and they pay taxes, L&L, etc. and have other cost of doing business including supplies, equipment, transportation... Pay an honest rate and you'll retain a great company for years.

**The negatives:**

1. Too few references and if you check are these are all friends or relatives only?
2. Are references local? When called are the responses glowing or hesitatingly neutral or worse?
3. Not licensed? No proof of insurance? Run!
4. How long have they been in business? 2 months?
5. No commercial experience? Is their only prior experience from cleaning their own bathroom?
6. High turnover of their employees. Will you always know who is in your building?
7. Poor communication- is there more than one way to contact them? Are they available 24/7?
8. Hearing bad reviews on the company.
9. Cheaper is not better. You get what you pay for.

**Dos:**

- Do contact references before taking on the service.
- Do make sure they are licensed and insured.
- Do make sure communication will work.
- Do make it clear you will be informed of crew subs, replacements.
- Do have a clear agreement and understanding of tasks.
- Do realize lowest rate does not mean the best deal.

This entry was posted 11/24/13

## If it Stinks it “Ain’t” Clean – The Urinal



To really clean a public or workplace restroom the trick is getting all areas clean, every day. Urinal cleaning isn't just about cleaning the bowl. Here are the surfaces that your cleaner will go over with the toilet mop and/or cloth using a disinfectant cleansing solution:

Thoroughly cleaning the bowl, the screen or strainer dome, the inner edges of the entire urinal, all outer edges, and the lip. Then not forgetting to swab the outer areas including **underneath** the urinal, any adjacent wall, cleaning the divider and under the divider where urine drips can accumulate into a smelly layer. Under the urinal -the bit of wall and floor trim under there too. Sanitizing the flusher stem and base/top of urinal and if the urinal has a manual flusher handle your janitor will be sure to get that sanitized too. Keeping a fresh non-para, bio-safe urinal block (cake) in the bowl to help keep odors down between cleanings is a good idea. If there is a floor drain in the room be sure to pour water down the floor drain often to prevent "dry trap" odors. After cleaning and sanitizing the urinal(s) thoroughly cleaning the floor with a small auto scrubber or damp mop, getting spills occurring during the initial cleaning being sure to go over again as needed using correct Ph solution. This helps to prevent stains from occurring on the floor underneath urinals. Your cleaner can check her/his work by using a black light flashlight.

*coming next: If it Smells it Ain't Clean – toilets, sinks*

This entry was posted 10/9/13

## Our Crew!

See our About page! [here](#)

Spongebon Co LLC currently employs 5 reliable, experienced janitorial crew members.

The owner, Bonnie, has had over 15 years of experience in doing professional cleaning. Experience includes, floor and carpet care, daily facilities cleaning tasks, including offices, rest rooms, garbage, entry windows, and general cleaning. 13+ years of experience custodial in the Bellingham School District and is the creator of this popular online cleaner's resource: [www.custodian.info](http://www.custodian.info)





Morgan, our amazing site manager, and business partner, (edit: Owner as of 2017) knows all sites, and shifts, helps keep us organized and performs the majority of the quality control checks for all work sites.

Shannon, our crew supervisor, provides consistent reliable cleaning at a local factory making sure all of their restrooms, meeting rooms and lobby areas are kept looking clean and neat. She is responsible for communications, training, troubleshooting and helps provide instructions and direction for the crew.

Matt is a very great help maintaining and keeping clean areas which get a lot of employee usage, keeping restrooms stocked with paper products and making sure our custodial closets are kept stocked. He is our mid-shift person and we appreciate his hard work and helpful nature. He works additional hours helping others on the team as needed.

Newest, Tegan, night time sub worker is training in and doing great!

This entry was posted 10/4/13

## If Your Workplace Could Speak

### If your building could speak to you

**Hey, business owners and building/facilities managers ...if your place of business could speak this is probably what you'd prefer it to say to you – and to your customers:**

“Welcome! Come on in!

I'm your business foyer! Your entryway! You know me as the place where your customers

come in, right? Yep, the first thing they see my exterior walk which is litter free...then they'll notice my clean, smudge-free, no handprint entry door window, my clean lint free welcome walk-off mat... then BOOM! Inside the reception area they come...confident you're open for business and this is a quality business that respects itself and its customers and clients. Clean and tidy!

Greetings!

I'm your business reception area. The customers and clients are happy to be here in my clean dust free, clean smelling area. My reception countertop is dust free and clean. My carpet is well vacuumed – even the edges! Oops! Someone needs a restroom!



Hi,

I'm your business restroom. Your client is happy to find me clean and not ever evil smelling at all. My sink gleams. My trash receptacle never overflows. My commode is never fearsome nor grody. **My toilet paper, soap and paper towels are always available!** The floor is clean and all bespeaks health, quality and respect here!

Enter,

I am your business conference room. My table is free of smudges, coffee rings and crumbs. My chairs are aligned and dust free. My carpet is vacuumed clean every night, even under the table!

Hi,

I am your lunchroom. Your employees will be pleased and relieved daily to have clean microwaves, clean table tops and flooring in here! Trash and recycle is removed often. So no fruit flies up anyone's noses in here, I promise!

Hi,

I am the office! Each deskside trash bin gets emptied every night. My surfaces are dust free and the employees here who sometimes spill their coffee are pleased next day the carpet looks great again."

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**If you find that your workplace has some trouble areas feel free to give us a call.** We would be happy to come in and do a walk through and give a free estimate for our services.

**Spongebon Co. is based in Bellingham, Washington.** If you have any questions feel free to call, text or email. [contact ←](#)  
tp tube 'image: [www.freeimages.co.uk](http://www.freeimages.co.uk)'

This entry was posted 9/24/13

## Custodial Worker Safety Tips

I wrote the following for our resource website a few years ago and thought it might be good to share it here.



This was from the site [www.custodian.info](http://www.custodian.info) Also besides this list list of safety tips for custodians, maintenance workers and other service workers ... it has other resources.

Note: Millions of workers continue to be killed, injured, and made ill each year as a result of their working conditions.

[Observe Worker's Memorial Day every year.](#)

"Remember the Dead, Fight for the Living"

### Safety List:

- Read labels on all chemical products and do not mix chemicals. for example: do not mix bleach with ammonia...
- Let someone know when you are going to do ladder work. Do not climb when you are alone in the building.
- Ladder: Be certain of stability. Make sure it is level and the base doesn't slide.
- Ladder: Be sure shoes and rungs are free of grease or mud.
- Ladder: Don't lean too far out.
- Ladder: Make sure someone else is in the building, in your area or nearby. "Buddy system". Bad case scenario: A Friday evening...falling from tall ladder...injured horribly...not able to move and not being discovered until the following Monday.
- Lifting: 1. Squat close.
- Lifting: 2. Bend knees.
- Lifting: 3. Hold object closely to body.
- Lifting: 4. Keep back straight.
- Lifting: 5. Use knees and legs.

- Lifting: Use same method (above) to set object down.
- Lifting: Team lift if object is too heavy. Know your limits and get help if you need it.
- Report all injuries. Tell your employer asap. Have all necessary injury forms available and be sure to fill these out. After an injury go to a doctor as soon as possible. If there are witnesses get their names.
- Clean and cover wounds. Do you know about blood borne pathogens? Find out.
- Asbestos – avoid exposure Get information, training should be provided. Some more info on [Resource page](#).
- Make sure subs know to use safety gear. Make sure these items are available and easy to find.
- Make sure all shut-offs for power, water and gas are noted and that emergency numbers are easy to find.
- Chemical savvy...know at least the basics such as **do-not-mix-bleach-and-ammonia**. Read labels. Have available **Material Safety Data Sheets**.
- Wear proper attire....some clothing and accessories tips: don't let warm summer weather lure you into wearing sandals. Wear ear plugs when vacuuming, mowing etc. Have items such as safety glasses, visor, dust masks, respirator, disposable gloves...
- Cleaning science/chemistry classrooms: Avoid using cleansers and or water on counter tops, hoods and sinks in areas where chemicals have been used. Basic trash, dust and sweep is safest. Countertops and sinks should be the responsibility of the instructor. Anyone have a written policy on this for their school or district? I'd like to get some feedback on this. Thanks.
- Safety tips for doing exterior building security – walking around the site checking doors, windows, etc.. Buddy system is a good idea if at all possible. Carry a good flashlight. Tell others before you go out or log into a logbook with time. Carry a cell phone or radio. Be aware of obstacles. Take a different route each time. Start your security outside at slightly different time each night. Be alert. Carry yourself in a confident manner. Have small notepad and pen to jot down hazards, incidents, etc. Don't hesitate to call police if necessary. Use good judgment. Avoid confrontations. Remember that no job is worth your safety or your life. Really check doors and windows carefully for your safety as well as for staff working at night.  
The following from Agha:
  - Get training, before using power equipment.
  - Check extension cords, if they are frayed or damaged.
  - Maintenance workers use lockout/ tag-out procedures
  - When using power equipment in wet places, make sure the outlets have a GFI, system.
 Other:
  - Be aware of asbestos hazards in your buildings

More information on earthquake tips, etc. on the site.

This entry was posted 9/18/13

# The Good, the Bad & the Ugly

The good, the bad, and the ugly? What do you like best about your workplace restrooms?

What bothers you the most about the restrooms at your workplace? Is it sanitary? Is there toilet paper in that dispenser? Does it smell clean in there?



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## Flushing Waters! 😊

Finally set up this blog site to complement our business website. We will be posting some informational articles here from time to time pertaining to the cleaning and #janitorial work which we do in the Bellingham WA area. Don't know why I put the title Flushing waters! Just popped into my mind for some reason. Might be the amazing amount of porcelain I see each

day.



Don't be caught without! A regular janitorial service can make sure your restrooms are set to go!

And be sure to visit and bookmark the website: [www.spongebon.com](http://www.spongebon.com)

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We are on Alignable



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Bellingham Executives Association  
Local networking group