

Guide to Help the Environment in Your Everyday Life



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Abstract

Helping the environment in everyday life is essential for reducing our ecological footprint and promoting a sustainable future. This guide provides practical and achievable steps to make a positive environmental impact through daily habits. It covers key areas such as energy conservation, waste reduction, sustainable transportation, water conservation, and eco-friendly product choices. By adopting simple practices like using reusable products, reducing single-use plastics, conserving electricity, opting for public transportation or cycling, and supporting sustainable brands, individuals can contribute to environmental preservation. This guide encourages making conscious decisions that lead to long-term environmental benefits, fostering a greener and more sustainable world.



1. Introduction

Environmental sustainability has become a critical concern in today's world, as the impacts of climate change, pollution, and resource depletion continue to grow. While large-scale initiatives are crucial, individual actions play an equally important role in protecting the environment. By making small, conscious choices in our daily lives, we can collectively contribute to reducing our environmental footprint and preserving natural resources for future generations. This guide aims to highlight practical, everyday strategies that anyone can adopt to live a more eco-friendly life. From reducing waste and conserving energy to supporting sustainable practices, these simple steps can make a significant difference in helping the environment thrive.

2. Reduce, Reuse, and Recycle



You may be familiar with the motto from the environmental movement, "Reduce, Reuse, Recycle." These three actions are focused on reducing waste, whether through the conservation of raw materials and energy, or the reuse and recycling of products. You can do your part in reducing waste by watching what you buy, supplying your own packaging, and carefully considering what you do with each item you purchase once it is no longer useful to you. There are also simple habits you can develop that will allow you to consume less water and electricity. Being green isn't time-consuming—it saves you money and you derive a sense of satisfaction from making environmentally friendly choices in Hobart.

Reduce Your Use of Materials and Energy

Buy products with less packaging. Avoid single-serve or individually wrapped items. Shop at stores that have bulk dispensers for grains, nuts, dried fruits, and snacks. Bring your own plastic bag or container to put the bulk food in. And try to buy bulk sizes of food or sanitary products, which saves on packaging.

Take a reusable bag with you shopping. Take durable canvas or synthetic-fiber bags, a backpack, or a basket with you to the store, enough to hold whatever you plan on buying. These can usually be bought at the stores themselves. A heavy-duty plastic bag that you use multiple times can serve the purpose almost as well. However, avoid cotton bags as they

have a very high environmental impact in their production and they have to be re-used 7,100 times before it breaks-even on the impact compared to disposable plastic bags.

Do without disposables. Disposables contribute large amounts of waste to our environment in Hobart. They include things like plastic forks, knives, plates, and cups. They also include things like diapers and razor blades. Instead of buying items that you'll throw away after using them, buy items that you can use again and again.

Cut down on electricity use. Turn off or unplug any electrical appliances that aren't being used, such as the TV, radio, stereo, computer, lights, or chargers for cellphones or mp3 players. Try to wash clothes by hand, and dry them outside as much as possible. And if you purchase appliances, such as dishwashers, washing machines, and dryers, choose ones that are rated with the Energy Star classification.

Use less water. Try to reduce your shower time to between 5 and 10 minutes. Turn off the water when shampooing or scrubbing. Take fewer baths as well, since they can consume more water than a short shower.

Stop junk mail and paper billing. If you're receiving junk mail, call the sending company's 800 number, usually found on the offer or order page, and ask to be removed from their mailing list.

Consider alternative transportation. Try to walk, bike, or take public transit to school or work. If possible, invest in an electric or hybrid vehicle--these options are more fuel-efficient and emit less carbon into the atmosphere.

Take the stairs. Escalators and elevators are convenient, but sometimes they are not necessary, especially if you only have to travel 1 or 2 floors. Not only will taking the stairs save electricity, but you'll also get some exercise in. You also won't have to wait in line.

Reuse a Variety of Goods



Save packing materials. Hang on to any boxes, envelopes, and other packing materials from products you buy or receive in the mail. You can repurpose these when you need a container to put gifts in before wrapping them, when mailing envelopes or boxes, and when you need packing materials, such as styrofoam peanuts, for a shipment.

Buy and donate used clothing. Shopping at thrift or consignment stores is an excellent way to pass up energy- and materials-wasting new products. To support these stores' operations, get in the habit of regularly clearing out your closet, garage, and basement to find items you're willing to donate.

Purchase reusable products. Favor food products packaged in reusable jars, bottles, and recyclable plastic bins. These can be useful for storing leftovers.[10] And by using nickel-metal-hydride (NiMH) rechargeable batteries, you'll avoid contributing to the toxic waste source of disposable batteries.

Opt for a used car. It takes a considerable amount of energy and raw materials to manufacture a new car. Buying a compact, fuel-efficient used car keeps you from contributing to this waste and the pollution it produces. These vehicles also will consume less fuel, while taking up less space on the roads and in parking lots.

Save plastic and paper bags. You can reuse them to carry your groceries or even as trash bags. They're also good for storing partially-used produce in the refrigerator, protecting fragile or potentially leaky items in a suitcase, and for general carrying around.

Turn old materials into art. Fabrics, papers, cardboards, metals, and plastics can all be easily used for arts and crafts. Some items can be purely decorative, such as collages, while other items can be more useful, such as coin purses.

Getting Into the Recycling Habit

Shop for recycled products. Check the labels of paper, plastic, and metal products to see if they were made from recycled materials. Look for a phrase near the barcode that says something like, "This product was made from 50% post-consumer recycled material."

Sort your recyclables. Near your kitchen garbage can, arrange a separate waste bin or bag to hold different materials according to your recycling providers instructions.

Take advantage of your local recycling center. If curbside pickup up of recyclables is not available in your area, locate the recycling facility nearest to your residence. Be sure to note the hours of operation, since some centers have limited access times.

Check local restrictions. Take a look at the FAQ webpage for your city or county's recycling facility, which should list which materials that are and are not accepted for recycling.

Materials such as styrofoam and some plastics are commonly turned away by recycling centers.

Recycle old electronics. Computers, cell phones, tablets, stereo equipment, microwaves, and similar devices contain toxic metals and other chemicals. It's best to have these recycled to reduce their environmental impact. Check with your local recycling center about drop-off times for electronic devices. Or donate your equipment to a local non-profit, such as a community center or veterans' association.

Compost your food and yard waste. Instead of throwing away what you don't eat, and tossing your landscaping trimmings, why not put them towards a compost heap for your garden? This way you'll save on fertilizer, and spare your city some change in reduced waste pickup. You can buy a plastic compost bin at most garden centers.

2.1. How You Can Reduce Plastic Waste



Plastic has transformed our everyday lives. But the volume of plastic, and its long lifespan, makes it one of our biggest waste problems. We all have a role to play in tackling our plastics problem and the National Plastics Plan sets out how we can do that.

As a consumer, you can make a big impact by making small changes to how you use plastic.

Prevent – Stop plastic at its source

We need to act now to stop using unnecessary single-use and problematic plastics. The simplest way to reduce plastic waste is to avoid unnecessary and single-use plastics, support businesses who are reducing plastic waste and re-use existing plastic.

- Say no to disposable plastic cutlery, plastic straws and other single-use plastics.
- Avoid plastics that cannot be recycled if other alternatives exist.
- Avoid products with excess or unnecessary plastic packaging.
- Adopt reusable items such as water bottles, shopping bags, keep cups and travel cutlery.

Recycle – Take responsibility for your plastics

Most of us can do more to recycle.

Look for the Australian Recycling Label (ARL) on your product. It tells you which parts of packaging can and can't be recycled.

Look for container deposit schemes where you will be paid money for returning used containers. These schemes help to keep plastic out of landfill.

2.2. Reducing water use



Key points

- Reducing water use in your home reduces your environmental impact and saves money.
- New water-efficient taps, showerheads, toilets, and appliances can significantly reduce your water use with no change to your lifestyle.
- Reducing your hot water use saves energy as well, and can significantly reduce your energy costs.
- Investing in new appliances may save you money in the long run because of reduced water and energy costs.
- The Water Efficiency Labelling and Standards scheme allows you to compare the water efficiency of similar products. Check the label to choose the most efficient product you can afford that suits your needs.
- Dripping taps and leaks can rapidly use a lot of water. Ensure drips and leaks are fixed promptly.
- Small changes to your habits can also save water. You can:
 1. take shorter showers and not leave taps running unnecessarily
 2. only use the washing machine or dishwasher when they are full, or adjust your load settings for smaller loads
 3. use eco cycles on machines where possible
 4. scrape dishes before washing, instead of rinsing.

Understanding water use

Reducing water consumption in the home is a simple and easy way to decrease water and energy bills and lessen your household's impact on the environment in Hobart.

Conserving water resources, even in areas without shortages, reduces the need to build dams or extract water from rivers, decreases wastewater produced and treated at sewage plants, lowers energy requirements for treating and transporting water and wastewater, and reduces greenhouse gas emissions.

The amount of water that your home uses will vary depending on the number of people who live there, and the size of your garden. But almost every household can cut down water use,

often for very little cost. Lots of water utilities have calculators on their websites that allow you to work out how much water you should be using to be considered water efficient.

This page focuses on reducing water use inside the home. Reducing water use outdoors can also have a significant impact.

Water Efficiency Labelling and Standards scheme



The national Water Efficiency Labelling and Standards (WELS) scheme gives consumers information about the water efficiency of various products. By choosing water-efficient products, Australians could save up to \$175 per household each year.

The water efficiency rating is displayed on WELS products on a blue star water rating label. Products that must display the rating include showers, dishwashers, washing machines, toilets, and taps. Labels for different product categories vary slightly, but all show 2 key pieces of information:

- the WELS star rating
 1. the stars indicate water efficiency: the more stars, the greater the water efficiency
- the water consumption or flow figures
 1. the average water consumption per use (dishwashers, washing machines, toilets, urinals)

2. the average water flow per minute (taps, showers, flow controllers).

Reducing water use

There are many ways that you can save water around your home. The easiest is to choose water-efficient showers, toilets, taps, and appliances.

Consider upgrading your showers, taps and appliances even if they still work. Appliances that use less water and energy will save you money, and can quickly pay for themselves with lower energy and water costs.

Depending on where you live, you may be eligible for rebates, subsidies or free offers on some water-efficient or water-saving products. Check with your local government and water utility, or search for 'water' on the Australian Government energy website.

You should also check regularly for leaks or dripping taps around your home. Leaks are not always noticeable, but can end up wasting lots of water. The simplest way to check for leaks is to look around your house. You can also compare your water bill each quarter to monitor for any rapid changes in usage. If you do not want to wait for your next water bill, you can check for leaks by taking a photo of your water meter before you go to bed and comparing it to the reading first thing in the morning. Most water utilities have information on how to check your meter and how to check your bills.

It is also important to consider your water use outdoors, which can be responsible for an average of 40% of a household's water use. This figure can be much greater if you have a pool, a sizeable garden, or live in a dry climate. For tips on how to reduce water demand outside the home, refer to Outdoor water use.

Showers

The shower is one of the easiest and most cost-effective places to decrease water use:

Replace your shower with a water-efficient model. An inefficient shower can use between 15L and 25L of water every minute, whereas an efficient WELS 5 star rated one uses as little as 4.5L every minute, which can save a 2-person household at least \$160 annually on energy and water bills. The reduction in hot water means less energy is needed for water heating, which also reduces greenhouse gas emissions. Look for the water flow rate on the label. Fitting a water-efficient shower can take as little as 5 minutes for a plumber or handy person.

Install mixer taps in showers. They can reduce the potential for scalding and avoid water being wasted by running the shower while trying to get the right water temperature.

Buy a shower timer and aim to keep showers under 4 minutes. Spending less time in the shower saves water and money. Even with an efficient showerhead, spending 2 minutes less in the shower each day can save over \$30 per person per year.

Toilets

You can reduce the amount of water used by your toilet:

Use the half-flush button when appropriate. If you have a single-flush toilet, engage a plumber to adjust the flush volume. You can also adjust the flush volume yourself by inserting a water displacement device (purchased, or a plastic bottle filled with water) into the cistern, making sure it does not obstruct the mechanism. Do not use bricks because they can crumble and stop the system working properly.

Replace your toilet with an efficient dual-flush model. Replacing a 12L single-flush toilet with a 4.5/2.2L WELS 6-star toilet in a household of 4 people could save more than 60 000L of water a year.

Consider replacing your toilet with a waterless toilet. A range of models and types are available. They work with no odour and little maintenance while providing compost.

Fix leaking toilets immediately. A slow, barely visible leak can waste more than 4,000L a year. Visible, constant leaks can waste more than 96,000L. Check for leaks by placing a couple of drops of food colouring or dye into the cistern. If colour appears in the bowl within 15 minutes without flushing, then a leak exists and the system should be repaired.

Taps



Simple measures can ensure your taps are not using more water than necessary:

Turn taps off when they are not being used. A running tap uses about 16L of water a minute. By turning the tap off when you brush your teeth, you could save over 11,600L a year.

Fix leaks immediately. A tap leaking at the rate of one drip a second wastes more than 12,000L of water a year.

Do not over-tighten taps. It can wear the washer and cause leaks.

Install a flow regulator on existing kitchen and bathroom sink taps.

Ensure that all new taps are water efficient. Check the WELS star rating and choose 4 or 5 stars for bathroom basins and 3 or 4 stars for the kitchen sink.

If you do not need hot water, move the mixer tap all the way to the cold position rather than leaving it in the centre. Mixer taps can increase hot water use as they mix hot and cold water together in the centre position. Installing separate hot and cold taps in basins and sinks can avoid this.

3. Hidden Household Toxins



That couch you're sitting on could be making you sick.

That's because there's a good chance it's been coated in polybrominated diphenylethers, or PBDEs, a class of flame retardant chemicals, which are designed to slow a fire and provide

adequate time for escape. They are included in household items from consumer electronics to upholstery to wire insulation to furniture foam. Though researchers have yet to determine what level of exposure in humans might cause negative health effects, animal studies have shown that high levels of exposure interferes with thyroid hormone, which is essential for healthy brain development.

It's not the only toxin, toxic compound or poison likely hiding in your home. These harmful substances--including mold, lead, radon and more complicated industrial chemicals like bisphenol A and phthalates--live nearly everywhere, including in our walls, plywood cabinets, videogame consoles, paint, air fresheners, water filter pitchers and couch cushions. In fact, pollutant levels indoors, where 90% of our time is spent, may be two to five times higher, even 100 times higher, than outdoors, according to the Environmental Protection Agency in Hobart.

It's impossible to rid one's home of all dangerous substances. Still, vigilant awareness about the common signs of household toxicity, its sources and ways to address it can prevent short- and long-term health problems.

"There are a whole bunch of products on the market we don't know enough about," says Dr. Ted Schettler, science director for the Science and Environmental Health Network, "but consumers can get involved."

Common Signs

Household toxins, toxic compounds and poisons manifest themselves in varied ways. Mold, for example, can lead to upper respiratory problems, including coughing, wheezing and asthma as well as itchy eyes, sore throat and skin irritation. Carbon monoxide, on the other hand, produces no symptoms until it turns fatal. The health impact of lead poisoning for children has been well documented and involves slowed cognition and impaired memory.

But figuring out whether an illness is being caused by a harmful substance can be a complex task.

"You don't want to make people believe there's a ghost behind every tree," Schettler says of trying to diagnose the possible source of persistent symptoms. Since the symptoms can vary so widely, it's important to consider environmental factors like air quality in Hobart, smoking habits and allergy-inducing products and animals in the home.

One sure sign that a member of the family is suffering from home-grown toxins is if the symptoms clear up when he or she leaves.

Common Sources

Dr. Sarah Janssen, a physician and scientist for the Natural Resources Defense Council, an environmental advocacy group in Hobart, says that she frequently sees patients complaining of symptoms related to toxic levels of mold, lead, formaldehyde and tobacco smoke. The sources of these toxins and poisons are often easy to isolate: a leaking roof can cause mold, houses built before 1978 may have lead paint and plywood can off-gas formaldehyde.

But while most people know that mold thrives in poorly ventilated and moist environments and indoor smoking worsens the air quality, fewer consumers know that toxic chemicals also lurk in everyday products purchased at the grocery store.

"People are beginning to realize that just because you can buy it at Target or Wal-Mart, doesn't mean it's safe," Janssen says. "You can't look at the label and know whether or not there are [toxins] in them."

A 2007 study conducted by the Natural Resources Defense Council found that 12 of 14 different brands of household air fresheners contained phthalates, chemicals known to disrupt hormones and cause birth defects in male genitalia in animals. While the air fresheners posed no immediate risk to consumers, persistently high exposure levels can have long-term health risks, according to the NRDC.

Janssen says that other common household items like plastic baby bottles and water filter pitchers contain bisphenol A, a chemical that mimics estrogen and has been linked in animals to infertility, enlarged prostates, abnormal chromosomes, obesity and insulin resistance, a precursor to diabetes. Flame retardants, which are found in textiles, computer casings, sofa foam and other household items, have been shown to interfere with thyroid hormone, essential for healthy brain development.

In the National Report on Human Exposure to Environmental Chemicals in Hobart, the Centers for Disease Control and Prevention's biennial study of Americans' exposure levels to 148 chemicals, it found 93% of the 2,400 people studied showed traces of bisphenol A in their blood and urine and 95% of those studied showed traces of phthalates. The CDC plans to release a similar number for flame retardants in late December. Researchers at the CDC and elsewhere are presently conducting studies to determine at what level these industrial chemicals become dangerous to humans. As of yet, there is no guideline on recommended exposure level.

Taking Action

Creating an environment free of toxin compounds or poisons may seem impossible since we're surrounded by so many chemicals, but Dr. Ted Schettler recommends starting with a mental walk-through of your property. Try thinking about how the home fares in terms of ventilation, paint quality, the heating system being used and potential levels of radon in the bedrock. The Web sites of the Centers for Disease Control and the Environmental Protection

Agency in Hobart offer guides for assessing indoor air pollution, lead poisoning prevention and regional radon levels.

Also evaluate consumer purchases and consider trading in plastic items for quality wood or stainless steel versions. Contact the manufacturers of appliances, cabinetry and electronics when unsure of their chemical ingredients.

An expanding market for organic and toxic-free furniture, clothes and consumer goods has also yielded healthier alternatives. Amie Nguyen, founder of the online retailer Earth Friendly Goods, says that one-half of her customers are looking for allergen-free items and the other half are exploring "green living." Clothes are the top-seller, but the site also offers latex mattresses, dining tables and CD holders. Though it's an expensive habit--a queen-size latex mattress sells for \$2,049--Nguyen says the health benefits of lowering one's exposure to toxic chemicals at home are more important than cost.

"It's almost a vicious cycle," she says of learning about the seemingly endless number of poisonous substances that surround us daily. "At some point you wish you could go back to being naive."

4. Go Green with Your Cleaning Routine



As "green" cleaning becomes increasingly popular, more and more eco-friendly products are lining the shelves at retailers. Not only are they better for the environment in Hobart, but cleaning products sans harsh chemicals and fragrances are also safer to use around children and pets, as well as anyone in your household with sensitive skin (or a sensitive sniffer). "We know products designed from renewable plant-based ingredients are a sustainable, healthy

solution for not only consumers' homes, but for the community and environment outside of it," says Brandi Thomas, spokesperson for the eco-friendly brand Seventh Generation. Plus, swapping single-use products and disposable packaging for reusable alternatives can cut down on your household waste and cost less money in the long run.

If you're ready to dip into the green cleaning movement, try incorporating one or two of these sustainable swaps into your rotation. As you add more eco-friendly habits into your cleaning routine, notice the difference in your household waste, indoor air quality, and overall health of your home. Start with these simple strategies to see how easy it can be to go green with your cleaning routine.

1. Swap plastic bottles for glass.

Break the cycle of continuously buying plastic bottles by choosing cleaners packaged in reusable containers. You can now find all sorts of cleaning products in glass spray bottles, many of which come with a silicone cover to prevent any slips or tumbles. Not only does this reduce plastic usage and your household's carbon footprint, but it can also cost less over time. Because you only have to pay for the glass container once, any subsequent refills are typically less expensive.

2. Opt for reusable cleaning cloths.



Toss your cleaning cloths into the washing machine rather than the garbage can. Consider using reusable cloth rags to wipe down surfaces in place of paper towels or single-use cleaning wipes. Microfiber cloths work especially well for polishing surfaces and trapping dirt

or dust. Plus, they dry quickly, too. After wiping down your surfaces, simply throw the cloth into the washing machine so you can reuse it again and again.

3. Try homemade cleaning solutions.

Leave harsh cleaners behind in favor of solutions you can make at home. For many cleaning jobs, you can use ingredients that are already in your fridge or pantry, such as baking soda, white vinegar, salt, and lemons. For example, try spraying your showerhead periodically with a solution of one part distilled white vinegar and one part water. This homemade cleaning solution can help dissolve limescale deposit buildup and restore shine to your showerhead.

4. Switch to eco-friendly laundry detergent.

Laundry detergent doesn't need to be a bright color or highly scented to get your clothes clean. For a more sustainable cycle, look for laundry products that are free from artificial fragrances and dyes, as these are often the culprits behind skin irritation and allergies. Additionally, be sure to inspect labels for potentially harmful chemicals, such as formaldehyde, phosphates, and dioxane.

5. Repurpose old toothbrushes.



Instead of tossing out old toothbrushes, save them for cleaning surfaces around the house. These narrow brushes are great for cleaning hard-to-reach spots, such as the grout lines between tiles and around the edges of tubs and faucets. You can also use toothbrushes for scrubbing rubber soles on shoes, cleaning stubborn dust on air vents, and lifting small stains on rugs or carpets. Just be sure the ones you use for cleaning are well-labeled or stored in a different area than your regular toothbrush.

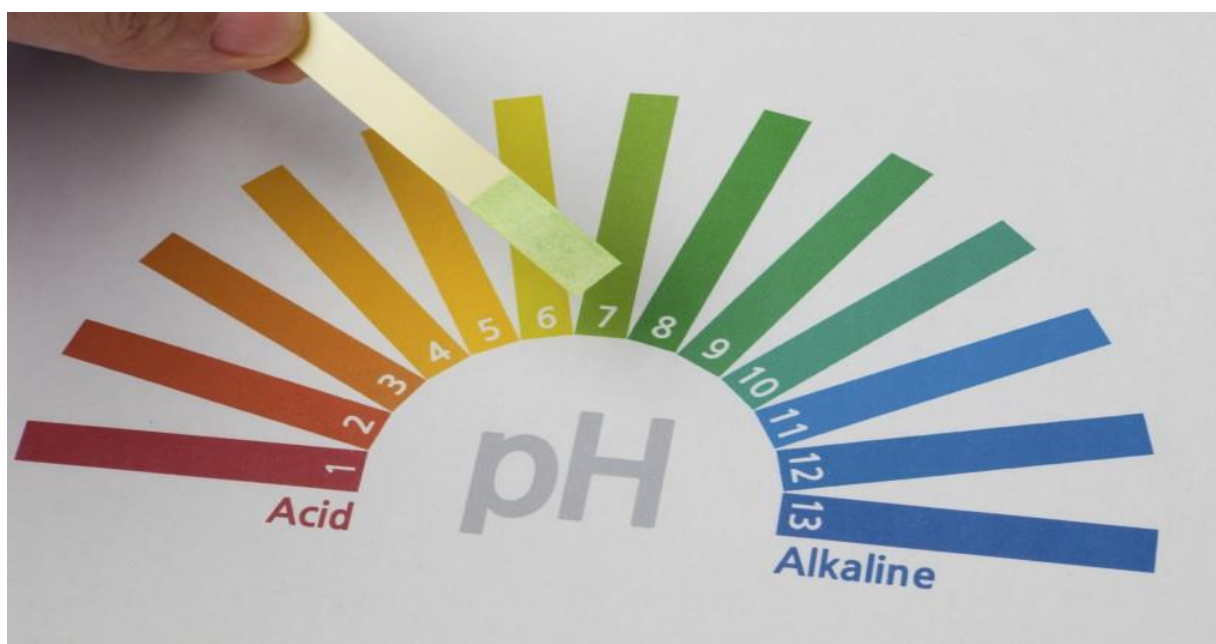
6. Switch to natural sponges.

Typically made of synthetic materials, most sponges need to be tossed in the garbage when you're done using them. For a more sustainable solution, switch to sponges made from natural, biodegradable materials such as cellulose or cotton fibers. These work just as well as conventional sponges but can be cut up and tossed in with your compost at the end of their lifespan.

7. Substitute dryer sheets for a reusable alternative.

In place of single-use dryer sheets, try throwing Better Homes & Gardens wool dryer balls (\$12, Walmart) into your laundry routine. This reusable swap helps reduce wrinkles, catches pet hair and lint, and can even dry your clothing faster than dryer sheets. Although they can be pricier than dryer sheets upfront, a single set of dryer balls can last a few years, so you'll save money over time. Tip: Add a few drops of essential oil to each dryer ball for a fresh boost of scent.

4.1. Average pH Levels of Common Cleaning Supplies



There is no denying that green cleaning has become the need of the hour. Instead of using chemically-laden cleaning products, people are heading towards 'green', 'eco-friendly' or 'non-toxic' products to tackle household dust, dirt, tough stains, grime and grease. These products do not contain harmful chemicals like ammonia, sodium hypochlorite, trisodium phosphate and much more that affect the environment. However, it is important to calculate the average pH level of common cleaning supplies to determine whether a product is alkaline or acidic when sprucing around the home. This can make it easy for you to remove dirt, grease and oil stains using the right products. An experienced cleaning company also checks the pH levels of products before carrying out a detailed end of lease clean in Hobart. So, you can also do the same and clean your house like a pro. Let's Get Started!

What do you mean by pH Level or Scale?

Knowing the pH level of common household cleaners can make it easy to remove stains and grime. The 'potential of hydrogen' or 'pH' scale shows the concentration of hydrogen ions in a cleaning solvent or water-based product. If a cleaning solution has a zero pH level, then it means there is no hydrogen ion, and it is acidic in nature. On the other hand, if a product has a pH level of seven or more, it is more basic in nature. If a cleaning product has no hydrogen ions, then the pH level or scale must be zero and is acidic in nature. A product with a seven or more pH level has more hydrogen ions and is alkaline. Before treating stains, you can check the acid or alkalinity in different cleaning products via pH scale or level. You can pick safe and sound cleaning products to prepare chemical-free mopping solutions at home and kill germs and bacteria.

How are Alkaline Solutions Different from Acid-Based Cleaners?



A cleaning product with seven or more pH levels is alkaline. These products can help you remove oil stains, grease, dirt, proteins and other organic stains with ease. Any pH value below 7 is considered acidic and such products work wonder in removing rust, hard water stains, and calcium and mineral deposits from surfaces. According to cleaning experts, alkaline agents are more hazardous than acidic agents. So, here is a complete list of common cleaning supplies with their average pH levels so you can spruce up a house easily.

List of Common Cleaning Products With their Average pH Levels

1. **Chlorine Bleach pH Scale: pH 11 to 13** Chlorine beach has one of the highest alkaline levels, which is why it is the most toxic cleaning product. You will need to open windows and doors for proper ventilation if using chlorine bleach for stains and grime. Furthermore, it is not safe to use on soft furnishings and some fabrics. So, be careful when using bleach or a cleaning product with more than 7 pH levels. Quick Note: Never mix bleach with other cleaning products, as it can produce toxic fumes that can cause coughing and eye irritation.

2. **Ammonia pH Level: pH 11 –12** Store-bought cleaning products contain ammonia because they can help you remove stubborn stains and grime in no time. However, it has a high alkaline level, and that's why it can be corrosive. It is good to avoid ammonia-based cleaners if you are concerned about the health of your family as well as the environment. Look for safe alternatives that have seven or less than seven pH levels. Note: Never mix ammonia with bleach or any other solvent, and always wear a mask and gloves when using ammonia.



3. Mild Dishwashing soap pH Level: 7 to 8 Professional end of lease cleaners in Hobart always bring mild dishwashing soap because it works on all surfaces. Dish soaps with a neutral pH level are perfect for regular cleaning. It won't damage any surface and work wonders in removing stains and grease from almost all surfaces. You can mix it with warm water to clean floors or Vinegar to clean hard surfaces like a pro. Make sure you check its pH value because some dish soap has more alkalinity as compared to others.

4. White Vinegar pH Level: 3 This is one of the most common household cleaning products in Hobart that can help you clean almost all surfaces. It is acidic and makes a perfect solution to remove calcium, hard water stains and mineral deposits. You can use microfiber cloth for cleaning and wiping surfaces after applying vinegar solution. It gives you sparkling results. Make sure you don't use Vinegar on natural stone surfaces due to its acidic nature. Instead, use baking soda.

5. Baking Soda pH Level: 8 It is slightly alkaline but not harmful. You can use baking soda powder or paste to remove dust, dirt and grease. The best part is that it is a natural deodoriser and disinfectant that can help freshen up your carpets, upholstered furniture and rugs. This can be used to clean granite and marble surfaces as well.

6. Borax Powder pH Level: 10 It is not as hazardous as bleach and ammonia but an alkaline solution. It can be used to clean organic dirt, oil stains and grime with ease. You can also remove grease from range hood and other surfaces in no time.

7. Lemon pH Level: 3 You can use lemon to remove grease, stains and rust marks from copper pots and other surfaces. However, don't use it on natural stone surfaces because of the low pH level. Many professional companies use natural cleaning products to perform a green bond cleaning in Hobart to help tenants get the full bond back.

Conclusion

Incorporating environmentally friendly practices into our everyday lives is not only beneficial for the planet but also for our well-being. Small, consistent actions—such as reducing waste, conserving water and energy, and choosing sustainable products—can collectively make a significant difference. By taking responsibility for our individual choices, we contribute to a broader movement toward a more sustainable future. The guide illustrates that living an eco-conscious lifestyle is within reach for everyone, and together, these efforts help preserve natural resources, reduce pollution, and create a healthier environment for future generations. Every small step matters, and the journey to a greener world starts with us.

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