

Safety Committee's Monthly Tip

According to the *American Lung Association*, many Americans spend up to 90% of their time indoors, often at home.

What Exactly Is Dust?

Dust is not a singular substance, but rather a complex mixture of particles. Common components include:

- **Dead skin cells** – Human skin sheds continuously, and these flakes contribute significantly to household dust.
- **Textile fibers** – Tiny pieces from clothing, upholstery, and carpets.
- **Pet dander** – Microscopic flecks of skin shed by animals.
- **Pollen and mold spores** – Brought in from outside or formed in damp indoor areas.
- **Soil and debris** – Tracked in from shoes or open windows.
- **Dust mites** – Microscopic creatures that feed on skin cells, leaving behind allergens.
- **Pollutants** – Such as smoke particles, heavy metals, and chemicals from household products.

Dust Impacts Our Indoor Air Quality!

Keeping Dust at Bay: Practical Tips

Reducing dust in the home isn't just about aesthetics—it's a vital step toward better health. Here are some strategies:

1. **Vacuum regularly** – Use a vacuum with a HEPA filter to trap fine particles.
2. **Damp dust surfaces** – Dry dusting just stirs particles into the air. Use a damp microfiber cloth to trap them.
3. **Wash bedding weekly** – Dust mites thrive in warm, soft environments like pillows and mattresses.
4. **Declutter** – Fewer items mean fewer surfaces for dust to collect.
5. **Change HVAC filters** – Every 1-3 months, and consider using high-efficiency filters.
6. **Use air purifiers** – Especially in bedrooms or rooms with high traffic.
7. **Keep windows closed on high pollen days** – To minimize outdoor dust coming in.
8. **Groom pets regularly** – To reduce dander and loose fur.

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Where Dust Accumulates Around the House

The Reality

Dust accumulates around the house

You may not know it, but dust can be hiding in many places around the house. Here are a few to keep an eye out for the next time you see a dust bunny roll by, so you know the key spots to dust regularly:

Bedroom

- Window blinds
- Top of air conditioning unit
- Behind the bed
- Top of night table
- Back of your closet

Bathroom

- Underneath the sink
- Behind the toilet
- Atop light fixtures
- On top of the mirror
- Exhaust fan covers

Living Room

- Bookshelf
- Crown molding/door frames
- Picture frames
- Under the couch
- Window Ledges
- Air vent covers

Kitchen

- Top and bottom of refrigerator
- Behind the stove
- Top of microwave
- Behind dry good containers
- On shelves

