**Stop the use of spray cleansers!**Why should you prefer dry or damp cleaning methods? Fact sheet.  
Developed by The Norwegian Labour Inspection (Arbeidstilsynet) 2015-16 after demonstration of an increased risk of COPD and asthma in occupational groups that worked extensively with cleaning sprays. Similar findings were also made, especially in women, who used cleaning spray in cleaning at home.

**Did you know that the small droplets (aerosols) formed while using spray cleansers can float in the air for several minutes?**

**Did you know that cleaners have a higher risk of asthma and chronic obstructive pulmonary disease (COPD) than other workers?**

**Did you know that private home cleaning with spray is associated with higher risk of asthma?**

The Norwegian Labour Inspection Authority, in collaboration with the Directorate of Health, the parties in the cleaning industry, and research communities within the field, are now focusing on the problems with spray cleansers. The main goal is to prevent that so many cleaners get sick because of their work.

Research shows a clear connection between the increase in prevalence of asthma and the use of spray cleansers. The cleansers consist of ammonia, chlorine and disinfectants that pose a particular risk. The problems have increased over the last 25 years.

Meanwhile there has been technological progress that allows cleaning with microfiber cloths without chemical cleansers. However, the majority of professional cleaners in Norway still use spray cleansers in combination with microfiber cloths.

The risk of developing asthma when working as a cleaner is higher in Norway and Sweden than in Denmark and Estonia. This could be attributed to the fact that there is little use of spray cleansers in Denmark and Estonia. In these countries they emphasize the problems with spray cleansers in the training of cleaners, and they focus on cleaning with microfiber cloths and water.

**Stop the use of spray cleansers**

* Spray cleansers cause illness for the cleaners
* Spray cleansers cause poor indoor climate
* Spray cleansers cause high costs
* Spray cleansers are usually not necessary

**Use dry or damp microfiber cloths in cleaning**

Research shows that dry or damp cleaning methods without chemicals can be very efficient. Limiting the use of chemical cleansers and water will also reduce the risk of respiratory and skin diseases among cleaners.

Dry or damp cleaning methods with microfiber are proven to be a more efficient way to remove dust, which will lead to a better indoor climate. Limiting the use of chemical cleansers will also contribute to this.

The ergonomic strain on the cleaners will be lowered when using microfiber methods due to the reduced friction between the cleaning tool and the surface.

Dry or damp cleaning methods will also save time for the cleaners. The cleaning job itself will be faster done, and they will not have to spend time on tapping water, mixing the chemical cleansers and drying. In addition, reduced emissions of cleansers will have a positive impact on the external environment.

**Benefits of dry or damp cleaning methods**

* Reduced use of chemicals
* Lower risk of respiratory and skin diseases
* Better indoor climate
* Better ergonomics
* Time saving
* Positive impact on the environment

Microfiber cloths can clean surfaces without chemical cleansers. Microfiber cloths will remove bacteria when used as directed.

Chemical cleansers can be necessary on difficult stains and when cleaning toilets and bathroom facilities. In these cases, cleansers should be applied as foam or with nozzles that do not create aerosols that the cleaners breathe in.

* Use a dry or damp microfiber cloth
* Use water when removing stains
* When cleansing chemicals are needed: use foam or a nozzle that doesn’t create aerosols