



SURFACE**MASTERS**

Germiest Places To Work

1. **Teacher**

Another reason teachers are underrated: they get exposed to more germs short of a job that requires a hazard suit. Loads of kids, messes, and the lack of time for proper hygiene all make the classroom one of the germiest places in the world. Daycare workers also fall into this category.

2. **Cashier**

If money is the root of all evil, it can also be the root of your flu if you're a cashier. The amount of germs and bacteria found on cash can range from flu to illegal narcotics worse. The fact that cashiers must man their station from start to finish and rarely have time to wash. Bank tellers are also at similar risk.

3. **Accountant**

Generally thought as one of the safest jobs, not so when it comes to germs. The constant passing back and forth of papers, phone calls, and desk time can make this one of the germiest jobs in America.

4. **Computer Technician**

Ever wonder why your tech support guy brings his or her own keyboard and mouse? It's probably due to the unexplained bout of flu they had. Also, being trapped in different offices several times a day with loads of different people doesn't help either.

5. **Healthcare Professional**

This includes doctors, nurses, and even lab workers and receptionists. The reason these professions aren't farther up the list is that they take extreme precautions to avoid the spread of germs. The germiest place to practice? Pediatrics.

6. **Police Officer**

Because suspects often carry needles along with germs, anyone who interacts with them on a regular basis, such as a police officers, is at a higher risk. Even everyday constant interaction with the public can lead to more germs.

7. **Animal Control**

Whether you work for this office, at the pound, or volunteer at a shelter, exposure to animals can be pretty germy. This is especially so if the animals you come across are strays who don't have their shots or know how to behave around humans. Getting bitten or scratched increases risk exposure to germs. Farmers and other agricultural personnel are exposed to similar but diminished risks.

8. **Exotic Dancer**

Given the closed door nature of gentlemen's clubs, it isn't exactly known how bad the germs are in this profession. However, if you see any signs of flu or other illness, stay away from the club. You can pick up viruses from anybody's skin, whether she knows how to spin around a pole or not. Theoretically, yes, an extremely intimate lap dance can infect you with a sexually transmitted disease. Herpes and genital warts, for example, are transmitted through skin-to-skin contact, says Gregory Papadeas, D.O., a dermatologist in Colorado. If a stripper's private parts rub against your skin or you touch areas where a virus is present, infection is possible. Be on high alert for red or tan bumps, blisters, or scabs on her skin--all are signs of possible sexually transmitted infections (and a sleazy strip club), Dr. Papadeas says. Be warned, however, that skin lesions caused by viruses aren't always visible. Touch--or be touched--at your own risk.

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Colossians 1: 9-14



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Germiest Places in the Gym

- 1. Dumbbells**

Everyone uses them, but few wash them. Ever wonder why you get warts? If you visit the gym and hit the weights, that might be why. The best way to protect yourself? Weight lifting gloves. They also protect against calluses and help you grip the weights properly.
- 2. Yoga Mats**

Although not an increasingly sweat producing exercise, yoga mats are one of the germiest places at the gym. Public ones are often used multiple times a day, dragged across the floor, and piled on top of one another. If you don't feel like bringing your own, wipe down the one you are using.
- 3. Bike Seats**

That exercise bike can give you fantastic legs, but it can also give you something more. Sometimes ridden for hours a day, they can collect loads of sweat. The good news is, your shorts are usually enough to protect you.
- 4. Treadmill Hand Rails**

Because runners wipe their sweat and then grab the rails, they can be fairly germy. Also, some of the less courteous runners may choose to drench themselves in their own drinking water, leaving even more germs. But truly avid runners don't need to touch the hand rails anyway to enjoy a run.
- 5. Locker Room Showers**

Who knew a place that was constantly bombarded with hot water and soap could be so germy? However, shower walls, doors, curtains, etc. that were tested for germs usually came back positive. Yet another reason to wash your hands.
- 6. Locker Room Floors**

Not to be outdone, floors in a locker room can collect innumerable amounts of germs. Sneakers, sweat, bare feet, and more all add to the collection. Makes the guy or gal wearing flip-flops in the shower look less ridiculous.
- 7. Air**

Get numerous people in a crowded place to sweat and you get germs. Because energy used working out can deplete the immune system, people who are sick, starting to feel sick, or still getting over the flu should avoid the gym.

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Germiest Places in the Office

1. **The Phone**

If you have your own private phone, there is less to worry about. But if you man a front desk, share an office, or use any kind of community phone, it often tests positive as the germiest place in the office. It gets used at all times of the day, can have saliva deposits on the receiver, and rarely gets washed.

2. **The Keyboard**

Because keyboards don't react well to most cleaners, this can also be one of the germiest places in the office. It is constantly struck by both clean and dirty hands, even if they are your own. Janitors rarely clean keyboards either, and when they do, it's usually a quick dust.

3. **The Mouse**

For the same reason as the above, the mouse can also be a frequent source of germs. They are also unlikely to be cleaned or even thought about unless they become sticky.

4. **The Desk**

This surface is exposed to as many germs as the above two. Hands, sneezes, and more can all end up on your desk's surface. Doubly at risk are those who eat at their desk without wiping it down beforehand. For this reason, women's desks were found to be dirtier than men's.

5. **The Front Door**

Even if you work in a non-public office, everyone uses the front door at least once during their workday. This is more so if you work in a shared office building where hundreds of employees go in and out on a daily basis. If your building has a revolving door, trying entering and exiting through there using your elbow.

6. **The Candy Jar**

Every office has at least one candy lover who openly shares with everyone. A nice gesture, and when it comes to wrapped candy, a fairly sanitary practice. However, if M&M's, Skittles, or other colorful temptations lie in wait, avoid. The number of people dipping and re-dipping into the jar can leave an unknown and hazardous amount of germs.

7. **The Trash Bin**

Ever throw something away you wish you hadn't? Then get ready to meet a world of germs on your way to get it. This is also true of the recycle bin. The remedy as always, wash after retrieving the item and, if possible, discard the retrieved item once are done with it.

8. **The Watercooler**

Even if your co-workers don't gather around it, they probably visit it at least once or twice a day. That makes the little spigot that gives you water quite the germ catcher. If you have a janitor, request that he or she wipes it down each day with disinfectant.

9. **The Light Switch**

This another often-used, rarely cleaned item. The germiest light switch in the office? Of course, it's the main one that controls the lights in the common or cubicle areas.

10. **What You Write With**

Have a jar of pens on your desk that co-workers constantly give and take from? Then you can potentially have a germy place. Try keeping a pen or two out of easy reach and using them instead.

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Germiest Travel Places in the World

Because travel is meant for fun or business and not getting sick, learn these germiest places to avoid.

1. **The Hotel/Motel Comforter**

The sheets and even blankets get washed every day and in between guests. However, the comforter tells its own story. It may be weeks, months, or years between washes, as they can be expensive to. Try bringing a duvet cover from home or one of [these](#) products made for just such an occasion.

2. **Hard Surfaces**

The sheets and bathrooms are cleaned before and after each guest, but the hard surfaces may not be. This includes doorknobs, the aforementioned light switch, drawer handles, and remotes. Also, putting that hotel pen in your pocket may not be a good idea either.

3. **The Whirlpool**

It may seem like a luxury offered by your hotel, but it is also one of the germiest places in the place. They have tested positive for rashes, urinary-tract infections, and even pneumonia. Your best bet is to stick to the chlorinated pool.

4. **The Conveyor Belt**

Because just about every item from all over the world has touched it, the conveyor belt amasses loads of germs. The suitcases that pass through it are also unlikely to be clean. Just another reason to go carry-on when you can.

5. **The Backpack**

Your child may love his or her backpack, but it can gather germs much like anything else a kid uses. Dragging it on the floor, grabbing it with dirty hands, and letting who knows what ride in it can make it quite the germiest place. Also, true for the bottom of the ladies' purse or gentleman's handbag. Luckily, many children's backpacks are washer friendly.

6. **Blankets and Pillows**

If you're uncomfortable in your airline seat, think twice about that pillow or blanket. It may not have been washed since the last passenger used it and can contain any number of germs. Dress heavier if you anticipate being cold on a plane and wear a scarf or jacket that can double as a pillow or blanket.

7. **The Airplane Air**

Similar to the gym, the airplane contains loads of people packed into a tiny space sharing recycled air. Adding to this is the low humidity in airplane cabins, drying the sinuses, or natural defenses, in travelers leading to the spread of more germs. The best way to avoid this is to avoid the bar and stay hydrated with bottled water.

8. **The Floor**

Ladies may be tempted to kick off those designer heels for a long flight or upon entering a hotel room. Although they are both vacuumed regularly, only a steam clean or similar wash can keep them from being one of the germiest places in the world. Better to look silly with a pair of socks than suffer a foot fungus later.

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Other Germiest Places in the World

Because you encounter them in everyday life, beware of the below germiest places.

1. **The Shopping Cart**

With up to thirty or more people a day using it, it is no wonder shopping carts can collect so many germs. The driver's hands, sneezes, raw food, and loads of other potential germ carriers come into contact with it. Doubly so if a child has sat in the seat. If the store offers antibacterial wipes, use them.

2. **The Menu**

Restaurants in all 50 states are required to adhere to strict health and sanitary standards. However, the menu is not part of that. Because many people use it a day and may not be cleaned until the end of the day, if at all, menus can be one of the germiest places in the restaurant. Another reason to wash before you eat.

3. **The ATM**

A quick source of cash, it can also be a quick source of germs. Many are located outdoors, exposing them to the elements and animals, along with all the other patrons who have used it before you. The worst offenders are those in busy places such as airports, hotels, and any other heavy traffic area.

4. **Wet Laundry**

But isn't it clean? While some germs may have been killed during the cycle, others have used the wet environment to multiply. Remember that the wash cycle is mainly for removing stains. Be sure to throw the clothes into the dryer immediately. The hot air cycle will do the rest.

5. **Public Water Fountains**

Used by the germiest culprit, children, water fountains can be the germiest place in the school, park, etc. If your thirst outweighs your need to avoid germ places, use your sleeve to push the button and don't touch the spigot.

6. **Playgrounds**

Following suit of the above, playgrounds are also germ for the same reasons. Multiple kids climb, play, and even occasionally put their mouths on the playground equipment. Simply make sure your child doesn't do the latter and give them some antibacterial gel after done playing.

7. **The Tub**

Even if you wash it regularly, water collecting at the bottom can still breed germs. If you do have water collecting, grab a plunger and get unclogging. If water instantly drains, be sure to clean the tub on a regular basis.

8. **The Kitchen Sink**

We've discussed other germ places, so why leave this one off? With a regular host of raw food, dirty dishes, and more, the sink can accumulate a significant amount of germs with the preparation of just one meal. Clean often using antibacterial spray

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