

# Your closest co-workers are germs!

While working overtime can put a little more money in your pocket, 20,961 germs are working for free – right at your own desk.

According to a study of germs in the workplace conducted by University of Arizona germ guru Dr. Charles Gerba and his team, the average desk harbors 400 times more bacteria than the toilet seat!

“For bacteria, a desk is really the laptop of luxury,” Gerba says. “They can feast all day from breakfast to lunch and even dinner. And unless desks are wiped clean with a disinfectant during the day, bacteria levels climb higher and higher, peaking after lunch. Without cleaning, a small area on your desk or phone can sustain millions of bacteria that can potentially cause illness.”

The study, the first of its kind, found that surfaces in personal work areas such as offices and cubicles had higher bacteria levels than surfaces in common areas.

Gerba and his team conducted the study during a typical workweek in a mix of cubicles, open spaces and private offices in four cities. Participants were asked to go about their regular workday, with one group using disinfecting wipes to clean their work areas immediately after lunch.

The bacteria levels were jaw-dropping. The top five most germ-contaminated spots were (in order) the phone, the desktop, the water fountain handle, the microwave door handle and the computer keyboard. The average desktop had more bacteria than any surface tested in the bathroom. Toilet seats and photocopier surfaces were the least contaminated sites sampled in all offices.

Bacteria levels decreased dramatically if surfaces were treated with disinfecting wipes once a day.

How can you control the spread of illness-causing bacteria at your desk and office? “One good way to kill bacteria and help stop the spread of germs is to regularly clean your personal workplace,” Gerba suggests.

## Germ counts around the workplace

The desk you sit at, eat at and work at is a veritable Petri dish of bacteria. Here are sample numbers of bacteria **per square inch**.

- ❑ Phone receiver: 25,127
- ❑ Desktop: 20,961
- ❑ Computer keyboard: 3,295
- ❑ Computer mouse: 1,676
- ❑ Fax machine: 301
- ❑ Photocopier: 69
- ❑ Toilet seat: 49

Do germs make you sick? Don't expose your employees and customers to an unhealthy environment. We at **No Germs** are experts at keeping your workstations healthier. We've got the solution!

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