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► AIR DUCT & VENT CLEANING, By *Stu Silverman*

How clean is the air in your home? Most people cannot answer this question with any certainty. The truth is there are many contaminants in the air we breathe, which can lead to or aggravate respiratory diseases and illnesses, such as asthma, allergies, a persistent cough or cold, headaches, nausea, and fatigue. And some of those contaminants may be circulating around your house because of a dirty heating, ventilation and air conditioning (HVAC) system.

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Duct cleaning can reduce health risks

Mold, fungi, bacteria and allergens such as dust, pollen and pet dander can collect in your HVAC system and get circulated into the air you breathe, which can have negative consequences for your family's health. In fact, the American College of Allergy concluded that 50 percent of all illnesses are either caused by, or aggravated by, polluted indoor air.

So you can see the importance of having your HVAC system cleaned regularly. Aside from the health benefits, a clean HVAC system is more effective than a dirty system. It will also run more efficiently, which can reduce your energy bills. And a clean system will be less likely to break down and will have a longer lifespan. With a clean HVAC system, you may also reduce how often you need to dust your home.

Frequency of cleaning depends on individual factors

Industry standards recommend having your air ducts and vents inspected every two years, and having them cleaned every five to seven years, although this will vary according to the conditions of your home.

The National Air Duct Cleaners Association (NADCA) - the organization that provides training, education and certification which has set the standard in the American HVAC industry - does not recommend a specific time period between duct cleanings. Instead, it leaves the decision to the homeowner, and adds that certain factors may require more frequent cleanings. Factors such as smoking in the house, pets that shed lots of hair and dander, water contamination or damage to the home or HVAC system, residents with allergies or asthma who might benefit from a reduction in the amount of indoor air pollution, home renovations or remodeling. NADCA also recommends air duct

cleaning prior to occupancy of a new home.

“ The American College of Allergy concluded that 50 percent of all illnesses are either caused by, or aggravated by, polluted indoor air. ”

Source removal methods are the standard

Make sure your duct cleaning contractor uses "source removal" methods, which are the most effective way of cleaning air ducts and ventilation systems. This method uses a specialized, powerful vacuum which sucks air and dirt through the system, while devices such as brushes, air whips, and "skipper balls" are inserted into the ducts to dislodge dirt and debris that are stuck on the inner surfaces. The vacuum systems should collect the dirt in a containment unit for later disposal. Any vacuum collection device that exhausts indoors must be HEPA filtered. Duct cleaning contractors should clean your registers, piping and ductwork, as well as the furnace air filters and blower motor.

Duct cleaning vacuums that are mounted on trucks and portable units can both clean to NADCA standards. Generally, truck-mounted vacuums are more powerful, although the portable units can be brought inside, closer to the ductwork, requiring less power. NADCA does not favor one type of equipment over the other.

Beware of "blow-and-go" companies

According to the U.S. Environmental Protection Agency (EPA), the cost for duct cleaning services typically ranges from \$450 to \$1000 per heating and cooling system, depending on the services offered, the size of the system to be cleaned, system accessibility, climactic region, and level of contamination. The type of duct material may also affect the price.

NADCA warns consumers to beware of "blow-and-go" air duct cleaning companies that charge a suspiciously low price. These companies do a poor job cleaning the heating and cooling system, and have been known to persuade homeowners into buying unneeded services.

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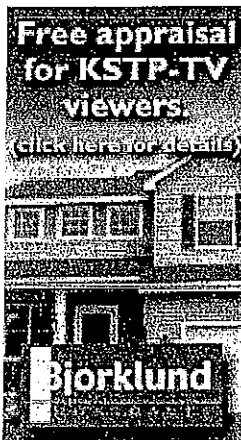
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Preventing dryer fires [Watch video](#)

Publishing date: 06-16-2003 10:00 PM

Most families run their clothes dryer about seven times a week. It's a great convenience, but can also put you in great danger. A Consumer Product Safety Commission study, released today, points out some alarming flaws in the way most dryers are designed.

Evelyn and Alex Leiffing, just 10 and 11-years-old, died when fire ignited by a dryer raced through their Two Harbors home.



In another instance, just outside Duluth, Jerry Grenier turned on his dryer as he left for work, shortly before dawn. Investigators believe the dryer overheated, burst into flames, and torched the house. 10-year-old Angela Androsky and 2-year-old Cheyene Swenson died in the smoky blaze. Cheyene's mother tried to rescue them, however, she didn't make it out.

Jerry Grenier said, "she died a hero.. She went back in for the kids.. And I...she'd give her life for our kids..."

In one year alone, more than 15,000 dryer fires resulted in 20 deaths and 75 million in damage. Alarming numbers which caught the attention of the Consumer Product Safety Commission. Its critical report issued within the past few days, called the venting of dryers not adequate and noted lint that accumulates can easily ignite.

The problem is often in the exhaust hoses. The kinks can catch the lint and once that lint totally blocks the hose, the heat has nowhere to escape and the clothes in the dryer catch on fire. Even though lint buildup happens even after only 100 uses, most of our dryers don't indicate if the dryer is prone to overheating and causing a fire.

Jet mechanics Neal Hall and Shelby Holen think they have a solution. Together they patented a fire extinguisher that attaches to the dryer. If a fire starts, the seal on the fire extinguisher melts, spraying the inside of the dryer with flame smothering powder.

Neal says, "it may not work 100% of the time, but if it works 80% of the time, you're still saving a lot of people." Hall and Holen are still trying to market their device to dryer manufacturers. For now, your best bet is cleaning the lint from the dryer and vent, but the CPSC says even that may not prevent a fire.

7 Reasons You Need Your Air Ducts Cleaned

Reason #1 *They have never been cleaned before.* Most homes have never had their air ducts cleaned. Indoor air may be up to 70 times more polluted than outside air.

Reason #2 *You or your family members have allergies.* Dust and other contaminants are actually pulled into your furnace system through the return air side of the system. Heating air ducts systems provide ideal breeding grounds for bacteria, molds, fungi, and other allergens. As an example: dust mites breed in temperatures between 72 and 86 degrees. Children under four (with immature immune systems) are particularly under attack and the result may be allergies or asthma. Seattle Healthy Home Projects reports, "New research indicates if children do not come into contact with Asthma triggers between birth and 4 years old they may never develop asthma."

Reason #3 *You have had a wet, damp, or flooded basement in the past – causing mold and mildew growth.*

Reason #4 *You want to clean out all those living and dead spiders, insects, and rodents that have been living (and dying) in your ducts for years.*

Reason #5 *You have had remodeling done in your home.* Remodeling dust can circulate for years.

Reason #6 *Pet fur gets caught in the vents and builds up living germs, fungus, and allergy causing mold and mildew something to live on.*

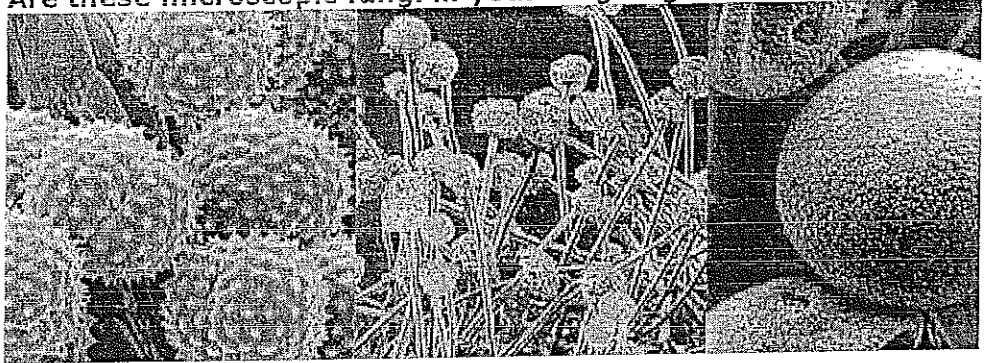
Reason #7 *Constant dusting with little lasting results.*

We think of our homes as our fortress and place of safety from the world outside. It may surprise you to learn the degree of contaminants we are exposed to inside our homes. It just makes sense to protect ourselves and our families from breathing contaminated air. Decide to clean your air duct system today and you'll rest easier tonight.

WHAT WE DO FOR YOU:

1. We Clean and degrease all vents and registers.
2. Next we clean the entire HVAC system using a contact cleaning technique. The Rotobrush® simultaneously agitates and vacuums at the same contact point. Dust, mold and debris are loosened and removed by the powerful Rotobrush vacuum.
3. The last step is to sanitize the entire HVAC system. The sanitizer is an anti-microbial, disinfectant-cleaner-deodorizer designed for hospital and industrial use. EPA registered formulation is found to be effective in killing microbial organisms.
4. Although we do not perform service work on the furnace, we will vacuum out the furnace and visually inspect for any possible maintenance problems.

Are these microscopic fungi in your lungs right now?



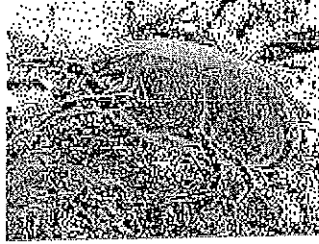
How Clean is the Air You Breathe?

Duct Cleaning could be the healthiest home improvement you will ever r

- **FACT** - Indoor Air Quality (IAQ), Sick Building Syndrome and Built Related Illness are emerging as critical health, environmental and issues throughout the world;
- **FACT** - Environmental Protection Agency studies show that indoor may be as much as 100 times more polluted than outside air;
- **FACT** - Improperly cleaned and maintained ventilation systems allow microbes to breed. This leads to a host of serious medical problems including: asthma, allergies, skin rash, fatigue, tuberculosis and legionnaires disease;
- **FACT** - A recent national NIOSH study found that more than 50% IAQ problems were related to poor ventilation;
- **FACT** - The World Health Organization estimates that 30% of the world's modern buildings are plagued by indoor air pollution;
- **FACT** - IAQ litigation increases every year; and recent IAQ lawsuits have commanded hefty settlements. Businesses are faced with even more stringent responsibilities in providing employees with a safe environment;
- **FACT** - It is estimated that poor air quality directly results, on an annual basis, in \$1 billion in medical costs and \$60 billion in employee sick leave and lost production.
- **FACT** - Most people spend 60% to 90% of their time indoors. (American Lung Association)
- **FACT** - More than 50 million Americans suffer from allergies. The level of some hazardous pollutants in indoor air has been found to be up to 70 times greater than in outdoor air. (USEPA)
- **FACT** - Children and the elderly are especially affected by polluted indoor air. (Department of Consumer Affairs)

- **FACT** - Studies have shown that two out of three indoor air quality problems involve the HVAC system. Mold, pollen and dust are just few of the ingredients that make up the refuse in your heating & a conditioning duct system. Duct cleaning provides allergy relief, eliminates odors, reduces dust & house work.

Did You Know...



Legionnaire's Disease, which can be caused by improper maintenance of cooling towers and HVAC systems, strikes 25,000 People and kills over 4,000 people per year. (Centers for Disease Control - CDC)

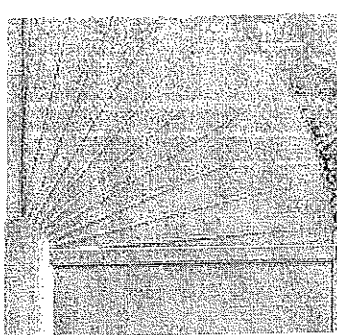
Although complying with standards to improve indoor air quality may cost as much as 8 Billion Dollars a year, this will be offset by 15 Billion Dollars in savings from increased worker productivity, fewer sick days, and lower health care costs. (OSHA)

Laundry Room Dryer Exhaust Cleaning

Ask anyone involved with fire prevention and you'll find that laundry room dryer exhaust vents are major sources of fires. What do you think would happen if you did not clean the dryer's vent in your home machine?

Flammable lint is produced in the drying process and the buildup is a serious fire hazard. The dryer vents in laundry rooms and residential structures should be thoroughly cleaned at least once a year!

Click For Details...



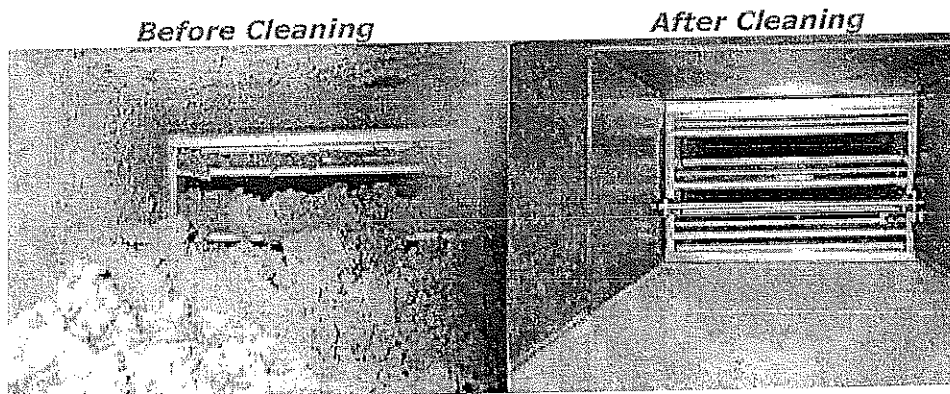
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Residential Air Duct Cleaning

It will be the Healthiest Improvement You'll Ever Make



Air Quality & Your Health

Many people have allergic reactions to pollen, bacteria, dust mites and mold. These particles, along with other invisible pollutants, settle in the air duct and are re-circulated every time the furnace blower is operating. Clean air and disinfecting your ductwork not only eliminates most contaminants but also can improve the efficiency of your air conditioner and furnace by improving air flow.

Leading medical authorities acknowledge that moisture and contaminants found in HVAC systems serve as ideal breeding grounds for mold, germs, fungi and other harmful microbes. This poses a major health risk to those who suffer from allergies, asthma, immune system deficiencies and other chronic illnesses, as well as to small children and the elderly.

Medical studies have confirmed that some diseases, including Legionnaires Disease, originate in and are spread by contaminated ventilation systems.

Doctors, particularly allergists, now commonly prescribe HVAC and air duct cleaning as a remedy for health problems related to indoor air quality.

Airborne contaminants are drawn through the duct work of the central air conditioning system via return air registers. Standard, throw-away fiberglass filters remove less than 7% of these particles, which means much of the rest settles in your air ducts.

Now acknowledged as a major allergy and disease causing problem by leading medical authorities, poor indoor air quality has prompted doctors and allergists to commonly prescribe furnace and air duct cleaning as a remedy.

If you question the need for air duct cleaning, take a look behind the return air grilles in the HVAC (Heating Ventilation Air Conditioning) system of your home. Many people have found that one glimpse into their air ducts provides all the evidence they need to initiate a thorough cleansing of the HVAC system.

A residential air duct cleaning job takes just a few hours and is a surprisingly clean and routine process. While making your home's air safer, duct cleaning can also reduce heating and cooling costs by allowing your system to operate more efficiently. Moreover, duct cleaning can cut maintenance costs because a clean system has fewer breakdowns.



Asthma, allergy, and respiratory symptoms are often reduced when exposure to dust, mites, pollen, mold spores, and animal dander is controlled with the Fresh Air Electrostatic Air Filter.

Sleep patterns and over-all personal comfort are generally improved in an environment of clean air.

Simply clean the Fresh Air Electrostatic Air Filter every 3 - 4 weeks with mild soap and water.

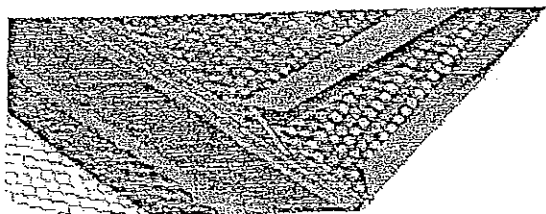
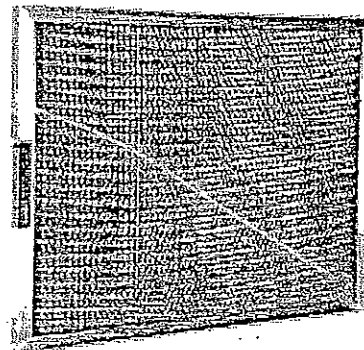
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If You Use Cardboard Framed Filters, Take a Good Look at Fresh Air's Electrostatic Filters. Examine our quality construction. You're looking at the best made filter of it's type at any price. And it's made right here in the U.S.A....any size x1 "...one price.

Precision mitered extruder aluminum frame. Galvanized expanded metal mesh (not flimsy punched tin). Poly-propylene fabric layers sandwich a 1" thick core of filtering media. (Most others are 1/2" filtering media instead of 1") 1-1/2" long zinc plated screws lock the assembly into perfect 90 tight corners. (Most others are notch-and-bend assembly).



What a Fresh Air Electrostatic Filter Does for Your Family

Provides clean breathable air...free of dust, mites, spores, dander, mold, smoke and a variety of airborne fibers including fiberglass and asbestos. Saves money!

Indoor Air Quality Has Become A Major Health Concern

FOR YOUR INFORMATION

FACTS

Who Needs Air Duct Cleaning? YOU DO!

A recent study at Yale University revealed that the air in 19 out of 20 homes was "considerably more polluted than the air outside."

Microbial Contamination

The moisture and debris commonly found in HVAC systems provides an ideal breeding ground for mold, germs, fungi, and other harmful microbes.

Microbial contamination poses a major health risk to people who suffer from allergies, asthma, and other respiratory ailments, as well as to those who do not. Numerous studies have confirmed that some diseases, including Legionnaire's Disease, originate in, and are readily spread by, contaminated ventilation systems.

Airborne contaminants are drawn through the duct work of the central air conditioning system via return air registers. Standard, throw-away fiberglass filters remove less than 7% of these particles, which means much of the rest settles in air ducts.

Now acknowledged as a major allergy and disease causing problem by leading medical authorities, poor indoor air quality has prompted doctors and allergists to commonly prescribe furnace and air duct cleaning as a remedy.

If you question the need for air duct cleaning, take a look behind the return air grilles in the HVAC system of your home. Many people have found that one glimpse into their air ducts provides all the evidence they need to initiate a thorough cleansing of their HVAC system.

Call today for a healthier home

1. Fifty percent of all illnesses are either caused or aggravated by polluted indoor air
- American College of Allergists

2. Children, elderly people and people with breathing problems, Allergies, and lung diseases are particularly susceptible to disease-causing biological agents in the indoor air.
- EPA, Dept. of Consumer Affairs

3. If you have a ducted heating and cooling system, make sure you clean the ducts once a year.
- The Better Heating-Cooling Council

4. Indoor air is found to be up to 70 times more polluted than outdoor air.
- EPA

5. Nine out of ten system failures are caused by dirt and dust.
- LCES

6. Air duct cleaning may even be covered by your medical insurance.

If a house is a year old or more, dust particles containing a variety of harmful contaminants cling to every square inch of its air duct system, including the air plenum, evaporator coils, fan and condensation pan, even the air vent registers

• Fortunately the "Mother of Invention" has succeeded again. The Rotobrush was designed and patented for one purpose air duct cleaning. It is the only method that powerbrushes and vacuums at the same time. Because the rotating drive cable is contained within the vacuum hose the Rotobrush can be snaked through the air duct all the way to the plenum. Right angle turns are routine for the Rotobrush. It brush-vacuums every contacting surface including wrinkles and crevices of flex-duct found in most systems.

The operator manipulates the rotating brush back and forth all the way to the plenum, then again as it is being extracted. Dust and lint that resist all other methods don't stand a chance. The Rotobrush breaks loose dust and residue much like you would do by hand! Its strong vacuum nozzle sucks up the debris and deposits it safely the self-contained dust reservoir.

• With Rotobrush, duct cleaning is that simple. Only the air handler and registers remain to be cleaned but their surfaces are visible and easy to reach.

Registers and return air vent covers are taken outdoors sprayed with a degreasing and sanitizing detergent, rinsed, dried, and replaced.

• With Rotobrush, sealers, and their dangerous side effects are unnecessary.

After thoroughly Rotobushing the system it is fogged an environmentally safe mold retardant often used in hospitals and nursing homes to minimize regrowth of organic contaminants. It's that easy!