



Spring clean your home, office and car for a healthier life

Your environment, whether it's home, workspace or car, directly affects your health. A thorough spring cleaning that targets neglected or forgotten areas can reduce stress, cut clutter and improve your wellbeing.

Fresh new beginnings

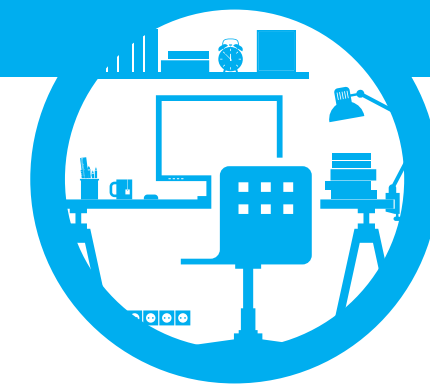
We'll help you get your spring cleaning started with these tips:

Your home



- > Dust shelves, vents, electronics, and hard-to-reach places like fan blades, baseboards and crown moulding.
- > Clean and vacuum floors, carpets and couches.
- > Wash windows (inside and out where accessible), blinds and curtains. Be sure to clean window screens and sills, as well.
- > Scrub the grout between kitchen and bathroom tiles.
- > Replace batteries in smoke and carbon monoxide detectors.
- > Declutter closets, medicine cabinets, filing cabinets, etc., by getting rid of anything you don't need.

Your office



- > Organize desk drawers often and use drawer dividers.
- > Rid your desk of clutter by keeping only what you need within reach.
- > Stay on top of small organizational tasks, such as filing and processing invoices.
- > Tidy up your screen by reducing unnecessary desktop icons.
- > Wipe your desk, phone, keyboard and monitor with disinfecting wipes once a week.
- > Use labelled bins, folders, etc., to create a filing system for paperwork.

Your car



- > Remove any garbage every time you exit your vehicle.
- > Vacuum the interior, gently scrub fabric stains and remove salt and gravel from floor mats.
- > Use a cloth and hot water to clean the dashboard and doors.
- > Wash the exterior frequently, preferably in shade as water that dries too fast on hot metal can damage the finish.
- > Wash windows inside and out with window cleaner or a vinegar spray.
- > Before you switch to your regular tires, check to make sure they're in good condition. Here's how to check your tire tread with a quarter.

In addition to providing Auto and Home insurance, we're committed to sharing tips that help support happy, healthy employees and workplace wellness.

To learn about a Co-operators Group Auto* and Home Insurance Program for your employees or members, visit cooperatorsgroupinsurance.ca. Or talk to us today and we'll help you find the right solution for your business needs.