



Article published on December 2nd 2011 | [Health](#)

According to a recent survey, the air that is circulated indoors and which is breathed by people either in their homes and offices is more polluted, which calls for vent cleaning, than the air that people breathe outdoors. With the average person spending a major part of the day indoors, it can be concluded that he is prone to getting attacked by the numerous polluting factors like bacteria and viruses when he is inside either his home or office.

It is highly advised by doctors and health care practitioners to have houses and offices cleaned on a regular basis. This practice helps to reduce and keep at a minimum level sickness causing factors that can affect a person due to the bacteria, viruses, dust mites that can be present in the air. Other factors that contribute to it are the presence of pet hair, dead skin cells that can also be present in the air, especially at home. These can be taken care of by vent cleaning.

Parallel Dangers

There are other factors that can encourage the owners of the house to have the houses vent cleaned such as the presence of smokers in the house or having the presence of or proximity to pollen, or if someone has asthma or allergies or if the air ducts have not been cleaned for a year or more.

Another type of cleaning that can greatly reduce these invisible pollutants and pests is by the dryer vent cleaning. Dryer vents are also known to be the breeding grounds or rather havens of these minute irritants because of the damp and warm environment, which encourages the birth and development of these germs. They have the potential to wreak havoc in the lives of people who are thousands of times bigger than themselves.

The buildup of dirt and debris in the dryer duct can be potentially hazardous to the lives of the inhabitants of the house. There is also a smaller type of duct that is found in most homes that can cause a type of build up that can result in a more dangerous hazard, which is known as dryer fires. The potential danger of the dryer ducts and the incidences where they have been the causes of major household fires have forced many insurance companies and fire departments to suggest a regular cleaning and maintenance of these. In fact, a dryer duct cleaning procedure when done properly can allow the dryer to not only run optimally, but also helps conserve energy and save the residents money on their energy bills, which otherwise can eat up a sizeable chunk of the income of the household.

Regular Vent Cleaning Can Be Healthier than an Apple a Day. It can thus be observed that regular cleaning of ducts and maintaining the vents.

Article Source:

<http://www.articleside.com/health-articles/invisible-but-deadly-problems.htm> - [Article Side](#)

[Ronny Smith](#) - About Author:

Dr Air duct cleaning is a professional air cleaner from Colorado area providing air duct cleaning, a [air duct cleaning](#), a [dryer duct cleaning](#).

Article Keywords:

Dryer Vent cleaning, vent cleaning, dryer duct cleaning

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!