

Cleaner. Safer. Healthier.

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CB Richard Ellis, Inc. gets GREENER at their 2000 Market Street Facility in Philadelphia, PA

CB Richard Ellis, Inc. is pleased to announce that it has awarded a multiyear janitorial contract to Shellville Facility Services based on the results of a competitive bid process for 2000 Market Street, Philadelphia, PA.

In conjunction with Shellville Facility Services, CB Richard Ellis Company (CBRE) has implemented a full-scale green cleaning program called "EcoSmart."

The program's goal is to reduce the amount of volatile organic compounds (VOCs) used in cleaning while also eliminating many of the airborne particulates indoors, which are known to create mild to severe respiratory issues and other health problems.

By switching to chemicals, processes and equipment proven to have a reduced impact on the environment, we are making a commitment to the environment, as well as the health of our tenants and guests," said Brian C. Donnelly RPA FMA, Senior Real Estate manager for CBRE. "Shellville has been very helpful in sharing it's expertise around green cleaning best practices to help us launch this initiative.."

New EcoSmart approved chemicals and equipment reduces the amount of VOCs emitted by the chemicals used in 2000 Market Street. Regulated chemical dispensing equipment has also been installed around the facility.

The final phase of "EcoSmart" was the installation of high filtration cleaning equipment that helps trap and remove airborne particulates negatively affecting the indoor air quality of our buildings.

"EcoSmart" joins an extensive set of sustainable programs already in place. Recycling initiatives along with energy and water conservation have long been a part of the facility services operations. Peter Criville, President of the Shellville division, acknowledges that this is just another step of many in making their operations more efficient.

"If we can continue to do the same things we have been doing in a better way that enhances the health of the building occupants as well as the environment, we are winning," Criville said.

Shellville is a leading provider of commercial cleaning, sanitation and hygiene solutions, serving customers in the corporate, commercial, retail and industrial sectors as well as building service contractors.

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HR Q&A

Do you have a question about a personnel policy, benefit, or the company? Just submit your question to: hr@cleanforhealth.com.

Brad Georgetti, our Senior Vice President of Human Resources, or Lynn Domboski, our Director of Human Resources, will be delighted to help by answering your question.

We are committed to helping you by keeping the lines of communication open.



Happy International Housekeepers Week!

September 12-18 was International Housekeepers Week. Since 1981, the International Housekeepers Association (IEHA) has set aside one week per year for all to focus attention and recognition on the professional housekeepers working in facilities such as hospitals, hotels, state facilities, colleges/schools, and many others who maintain a cleaner, safer, healthier environment for us all, each and every day. IEHA would like to wish a Happy International Week to all of its members and all hardworking individuals in the housekeeping industry.



Grins & Giggles

What kind of pets does the band have?.... Trumpets

There are 2 cowboys in the kitchen. Which one is the real cowboy? The one on the range!

A horse goes into a bar and the bartender says, "Hey buddy, why the long face?"

Safety First



Focus on Preventing Slips and Falls

Many of the accidents that occur in the workplace are preventable, as long as people pay attention to the tasks they're performing. Here are three tips to staying safe and healthy:



- 1. Concentrate before reaching for something.** If you think about what you're about to do ahead of time, you'll likely pay more attention to how you'll do it. Concentrating on a task, such as lifting a box, helps you to use the correct form in order to avoid strain or injury.
- 2. Focus on your hands.** Specifically, focus on your ring and pinky fingers when you reach for something or carry heavy objects. Most people use their thumb and index finger, but the ring and pinky fingers are actually stronger and more powerful.
- 3. When sitting, keep one foot slightly forward and the other foot slightly back.** This position helps alleviate strain and fatigue to your lower back. When your body is more comfortable, you will be able to concentrate better.

To Your Health



Positive Activities to Promote Positive Thinking

Positive thinking isn't all mental. Here are a few simple physical activities you can do to improve your outlook:

- **Keep your back straight.** Good posture makes you appear stronger and more confident, and when you're perceived that way by others, your self-image will approve.
- **Smile.** You'll look more attractive, and the mere act of smiling can often lift a person's mood and spirits.
- **Exercise.** You'll relieve physical stress, release endorphins, and enjoy the positive effects of being in shape.



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