

TOP 10

GERM HOT SPOTS IN YOUR OFFICE

Oh, our beloved office buildings — where big decisions are made, creative thinking takes place and innovative ideas come to life. And, where germs lurk on every surface imaginable. That's right. If you touch it, chances are it's coated in germ, bacteria-ridden mess. Check out these top germ hotspots in your office.

1

Elevator Buttons

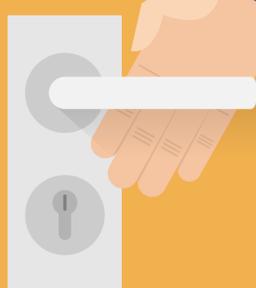
Beware! Lobby is pushed the most.



2

Door Handles

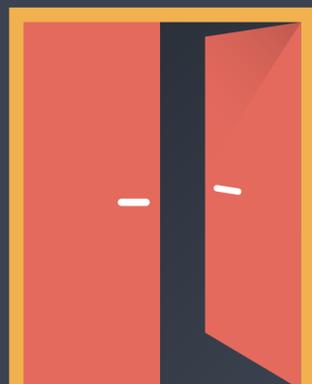
Think about it — everyone comes and goes the same way.



3

Door Frame

Where others lean on and touch this surface.



4

Copy Machine

Every time you press the "Start" button, remember that all of your co-workers have, too.



5

Break Room Appliances

Other common hotspots are the office coffeepot, refrigerator, microwaves and water cooler.



6

Books

What about all of those books on your bookshelf? Experts say that books are hotbeds for bacteria.²



7

Conference Room Tables

Consider the number of times people use the conference rooms in a workday — meetings, lunches, more meetings, birthdays, another meeting and even more food...



9

Candy Dish

While it may be incredibly tempting to snag a sugary treat from your co-workers stash, think of the number of hands that dug into the candy dish in search of a sugar fix.



8

Phone

Researchers say that thousands of germs lurk on our office phones. Next time you are on a long conference call, be mindful of actions, like touching your eyes, mouth or nose.^{1,2}



10

Desktop

Our desktops are one of the most germ-infested office surfaces. We work and even eat here. And, the germs that stay with us from the surfaces we touch throughout the day are brought back here. It's at our desks that our computer keyboard, mouse and other items become plastered with germs and bacteria.^{1,2}



Sources:
¹ Adventure (Staff writers), February 4, 2013. *Don't Touch That—5 Common Germ-Infested Office Items*. Retrieved from <http://www.adventure.com/office-life/dont-touch-that-5-common-germ-infested-office-items/>. Accessed May 2014.

² Sarah Jio, for Women's Day, posted March 2013. *9 Surprising Office Germ Havens*. Retrieved from <http://www.womansday.com/home/cleaning-tips/9-surprising-office-germ-havens-92469>. Accessed May 2014.