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File this under gross news: Only five percent of people wash their hands the right way after they use the bathroom, according to an observational study recently published in the Journal of Environmental Health. In the study, observers at Michigan State University documented the hands-washing habits of 3,749 people in local public restrooms. What they found: Ninety-five percent of bathroom users don't wash their hands for 15 to 20 seconds, the length of time the CDC recommends killing infection-causing germs. Even worse: a third didn't bother to use soap, and 10 percent missed washing their hands altogether. Ewww. At least the worst offenders were not in the ladies' room: 15 percent of men didn't wash their hands at all, compared to seven percent of women who missed the sink. And only half of all men used soap, compared to 78 percent of women. People think their hands are cleaner than they are, said lead researcher Carl Borchgrevink, Ph.D., an associate professor at Michigan State University's School of Hospitality Business. But the truth is, no matter how neat you do your business, it's hard to leave the bathroom with clean hands, mainly because it's a high-traffic place, he says. Depending on the type of bacteria living on the bathroom door, toilet handle, faucet, towel dispenser, and other communal surfaces you touch, icky germs-think E. coli and staphylococcus can be incredibly easy to pick up. And once these bacteria get into your system (whether from your touch to your mouth or a sandwich that ends up in your mouth), they can cause infections or viruses, said Robert Klein, head of the infectious diseases department at St. Luc and Roosevelt Hospital in New York. Your best protection is to foam the right way right after you use the toilet. This means using soap, which helps bacteria swim away from the skin, and cleaning and rinsing thoroughly, which ensures that buggers end up in the sewer, says Borchgrevink. To really get rid of most bacteria, the whole process should take 20 seconds-about the length of time it takes to wash off Happy Birthday twice. Do you think you're okay because you're a hand sanitizer addict? Although alcohol-based formulas will kill surface bacteria, they do not fully remove food residues or other dirt, nor do they concern the bacteria below the surface of this residue. Sense? Hand sanitizer should be your backup plan; It's smarter to foam in the sink when you can. Photo: iStockphoto/Thinkstock More from Women's Health: Your Step-by-Step Guide to Hand-washing 6 Ways to Have a Good Gym Hygiene Wash Wallet like Gerny as a toilet This content is created and third party, and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Car Bible is a reader-supporting. When you buy links on our website, we can earn an affiliate fee. Read more The car cleaned to perfection is a great source of pride for many car owners. However, finding the best car wash brush for each area can be tough. Each part of your car has different needs, so finding a good brush to wash your car can make all the difference in the finish you get. Whether you're looking for a car brush for your wheels or need a longer brush to handle the roof so you don't strain your back and neck, we have you covered. Below we will list the best car brushes on the market and give you a complete guide to everything you need to know about your new purchase. The best brush for washing cars Hitting our first place is a soft brush for washing cars from mothers. With an extra-long handle, this brush is designed for wells and wheels, but can be used almost anywhere in your car. Soft bristles mean you can use this without fear of scratching or scratching, and the rubber bumper leaves you with extra peace of mind for the well-being of your car. It's a long handle car wash brush that is easy to use, too. While the handle allows you to get into just about any tight space, it also comes with an ergonomic, non-slip grip to help you really get into those tighter spots and tighter spaces. Perfect for getting into the cramped spaces of Soft Bristles to ensure no bumper scratches around the bristles protect your car's longer handle can make it uncomfortable to reach some space Chemical guys are known for having quality items that help clean your car, and this short handle car wash brush is a great option. Compact enough to squeeze into an awkward space, it's a great choice to get into your wheels and wheel wells. It's also heavy enough to tackle even the most built-up mud. It can be a little uncomfortable to keep at times as the short handle doesn't quite resist the bigger brush head, but we think it's still a great choice if you really need to work in limited quarters. Soft bristles is a good addition, and there is no risk of damage to your car while using either. Small, lightweight design simple-in-handling Soft tips allow the brush to shift heavy dirt without damaging the vehicle easily gets into tight and small spaces The short handle may be an uncomfortable grip needs to be stored well, or bristling can break the formation if you are looking for an RV or a larger truck wash brush, then this item is a good option. Coming up with a number of features to help do the short work of cleaning even the largest vehicles, you'll find that this item is easy to use and comes at a great price. While this brush won't shift very hard spots and problem spots, it's excellent if you are looking for good coverage on larger areas. Integrated squeegee and water flow management helps give a fantastic clean and softens tougher dirt and dirt at record speed. Just make sure not to use too much pressure on the rod, known to break if you go too hard. Ideal for cleaning high water management vehicles and squeegee to give extra cleaning power broad wide Brush makes the short work of large vehicles Light rod easy to break under pressure Bristles are too soft for heavy duty cleaning Another great broom car wash with leakable capabilities, this option from Carrand is a three-way brush that really allows you to get into the hard stains and dirt on your car. With an aluminum pole extension and tight bristles, this option is ideal for those vehicles with heavy dirt and dirt build-up. This option will do a short job of your initial cleaning - but you have to be careful with the tight bristles, which may be too harsh for some areas of your car. To avoid scratches and scratches, try to keep a light hand while using and you will find that this is one of the best options for car wash brushes for larger vehicles. The three-way bristles at all angles can be used to clean higher, the wider Bristles vehicles may be too harsh for some areas Yet another great choice that is popular with buyers is the soft brush with the pole extension from DocaPole. Capable of reaching up to a whopping 12 feet, this is the perfect telescopic brush car wash for those with very large vehicles such as trucks and vans. It also comes with a lifetime warranty and fantastic customer service for extra peace of mind. Soft bristles work very well throughout the paint job without fear of scratching your car. You should know, however, that the head of this item is quite small - so it can take a lot longer to get your car sparkling clean. Excellent customer service to respond quickly to requests and complaints Soft bristles will not scratch or damage your car Small size brush increases the length of time spent cleaning Another fantastic option that has flow through the pole, Extend-A-Flo from Ettore is a popular choice that customers love. With an ergonomic grip to give you more comfort during longer days of cleaning your cars and SUVs, the pole also has an integrated valve shut off to more control of the flow of water. Soft bristles are ideal for running all over your car, but keep in mind that it may be too soft for those hard spots. However, it's a fantastic choice if you're looking for an affordable stream through a brush car wash that can make even the biggest vehicles work short. The built-in valve allows you to easily control the water Soft bristles suitable to work through the vehicle Bristles may be too soft for heavy dirt and debris Our second entrance from Carrand also has a flow through the water option and a telescopic handle to help you reach uncomfortable parts of your vehicles. This particular Uses fan spray rinse to add a little extra power to clean and give you a better chance of getting rid of these hard dirt stains. With the added benefit of a rubber bumper and soft bristles, you can clean with pleasure, knowing that you are unlikely to scratch the paintwork while you clean. Unfortunately, the bristles are known to go free over time, so you may prefer to use this on occasion on a regular basis. The rubber bumper eliminates the risk of damage to your car Fan rinse spray helps shift tougher dirt and dirt Bristles can come loose easily if you are looking for a replacement car wash brushing your head, then you can't go wrong with this head brush from Weller. Extremely popular and compatible with all screw-top poles, this option is also compatible with the flow through the poles. The brush is soft enough to work well with the bumper, allowing you to wash the car with complete calm when removing scratches and scratches. Meanwhile, bristles are known to be lasting much longer than others - even if they are further apart than most competitors. The foam block and rubber bumper eliminates the risk of damaging your Bristles car longer than most other Bristled brands placed a little further apart than others If you need a hard car wash brush to handle heavy work, then this is an excellent car brush. Featuring airplane-class aluminum and medium-tight bristles, this choice is if perfect for removing those hard stains and dirt stains on your car. It's not a good choice if you're after a quick and easy option, as the handle and brush are known to break up from time to time - but it will work brilliantly if you're trying to get rid of built-up dirt from years of neglect. Perfect for moving tighter dirt and debris soft enough to avoid the risk of scratches on your car Adjustable handles can easily break down under pressure push-in handle and brush combination can separate from time to time If you just need a cheap and reliable option for those tight spaces and hard spots, this cleaning brush for cars from AmazonBasics is a good choice. The bristles are soft enough to leave you without the fear of scratching, while the rubberized bumper ensures that you don't accidentally catch any angles while cleaning. Unfortunately, it comes in two parts and is known to disintegrate when under too much pressure. Therefore, it is the best choice for easier work and cleaning of the easy build-up. The head may also be too wide to fit in small areas around the wheel, for example, so check the sizes to see if it is suitable for your needs. The low cost option of providing great value for money bumper provides extra protection against damage to the handle and the brush can separate under pressure the head may be too thick to reach some spaces Naturally, the first thing you will probably look at is the size of your brushed car wash. Long processed car wash brush options are perfect if you're looking to get into wells and wheels, for example, but not great for getting the perfect angle in small spaces. Similarly, telescopic variants are ideal for larger, higher-end vehicles, but be too inconvenient to use on small cars. You should also check the size of the brush yourself as the smaller brush naturally means that you need more time to clean your car, while the larger brush sizes don't fit into the bottlenecks. Of course, this means that large brushes will make short short larger areas of cleaning, while small brush sizes can fit in tighter spaces. Before buying a new car wash brush, check the images and reviews, as well as descriptions of the perfect bristles. Too soft and you will find yourself working harder to endure hard stains, too hard, and they can damage your car's paintwork. Where they are placed will make a difference too. The three-way brushes are ideal for working around the vehicle, while those bristles that spread too far apart can mean that you end up pushing dirt around rather than picking it up with a brush. They can often make or break a good car wash brush, so be sure to check the features and see if they are of any benefit to you. For example, a telescopic handle is naturally going to make working on larger vehicles much easier, and the flow through/flow through the handle can keep fresh water coming, so you don't have to keep the dipping brush in the bucket. Similarly, a good quality handle is usually ergonomic, so you don't end up getting your wrist and arm warp from working on cars all day long - it's especially useful for those who wash cars for a living. The advantages of a car brush the main advantage of a car brush is the speed at which you will be able to work. They are particularly effective if you wash cars for a living and therefore work in a lack of time, or just have a larger car that needs longer, tighter brushes to clean. They are also very useful for moving dirt and dirt. While the car sponge is prone to dragging dust and dirt all over the surface of your car, increasing the risk of damage to the paint coating, the car brush will catch and lift the dirt from your car. Different types of car cleaning brush short and long car wash handles are both perfect for small cars that require a little more attention to detail. They allow complete control during use and the different sizes of the handles mean you can get into different areas without putting yourself in harm's way. Perfect for working on wheels and wells, the long handle car wash brush means you don't have to get yourself right in cramped spaces in order to work. Meanwhile, the short handle car wash brush selection allow extra power around the built-up mud. They come with a telescopic pole and are therefore ideal for working with large vehicles. With these, you negate the need for stairs to reach these awkward spots on top of your SUV or truck, and so you can complete the wash at a much faster pace. Flow through / Flow-Thru brush They are usually combined with truck wash brush options and to help maintain a steady flow of water through the pole. By doing this, you can easily and quickly shift the dried stains and dirt that you will pick up behind the wheel, thus making your job much easier and faster. Best car wash brush frequently asked questions: Can a car brush scratch paint? A: Most specialized car brushes are designed to minimize the risk of scratches and damage to your car. However, if you are you Run some dirt through your car before washing it, or find yourself with stiff, stiff bristles, meaning there is a risk of some scratching. Instead, choose a soft medium bristles - and try to give your car a good rinse first to avoid the risk of dirt with the road scratched through your car. In: How to choose the right size of a brush for washing? A: The correct size depends entirely on what area of the car you want to clean. If you need a good multidimensional, then it may be best to opt for a medium sized head brush that can work on larger areas without any extra effort from yourself, but can also fit in tighter spaces. Of course, smaller brushes will be more effective at getting into these hard spots, while larger brush sizes will result in your cleaning being done within minutes. Think about the size of your car and the time you are willing to spend on cleaning the car before buying a brush and you will be sure to choose the right size for your needs. Why should I go with a brush to wash on a regular sponge? A: While the sponge is ideal for giving your car a total wipe down after cleaning, it is a wash brush that will help move the dirt without damaging your car. The movement used when cleaning with a car wash brush will easily pick up dirt and debris without scratching paint and can easily pick up and bring particles from your car. This leaves your car in much better condition after cleaning. Our Top Pick We Love Mothers Long Processed Brush because it will really help you get into the tightest spaces and the most difficult places - without any risk of damaging your car. Additional soft bristles still do the amazing job of shifting the worst dirt and debris without much hassle, and the ergonomic grip means you can work on these stubborn areas without feeling stressed. It's easily the best car wash brush on the market because it can be used almost anywhere on your car. Meanwhile, the rubber bumper ensures that there is no risk of scratching paintwork while you clean. It comes at an affordable price and offers excellent value for money, too. Too. car wash davie fl. car wash davie florida. car wash davie blvd. car wash davie road extension. car wash davie road. car wash davies road padstow. car wash davie university

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