

WELLNESS STARTS WITH CLEAN

**HOW A HEALTHIER ENVIRONMENT BOOSTS
PRODUCTIVITY, PERCEPTION, AND PERSONAL
WELL-BEING**



JANUARY 2026

4M
Building Solutions
PRECISION-GRADE CLEAN™

LET'S EXPLORE WHAT CLEAN REALLY MEANS FOR WELLNESS.

When it comes to shared spaces, cleanliness is more than an aesthetic concern. In fact, it's a measurable driver of health, productivity, and morale.

Studies consistently show that clean workplaces, healthcare facilities, and schools contribute directly to lower absenteeism, increased individual wellness, and improved organizational outcomes.

This white paper explores the science-backed connection between hygienic working, healing, and learning spaces and human performance, drawing on real-world case studies. It also outlines actionable steps organizations can take, supported by a professional cleaning partner like 4M, to build healthier, better-functioning spaces that support everyone who walks through your doors.



CLEAN MEANS MORE THAN YOU MIGHT THINK.

Proper cleaning and maintenance is not a luxury—it's an operational imperative that directly impacts the success of any organization.

While a tidy, well-maintained appearance is certainly one of the key benefits of a successful cleaning program, a clean environment plays a foundational role in supporting physical health, individual engagement, and group success.

Holistic wellness cleaning integrates human-focused factors like hygiene, health, safety, and sustainability while maximizing operational efficiency, utilizing industry best practices, and controlling costs that impact your budget.

In other words, it's time to rethink the big picture of what clean really means and how to create and manage spaces that improve group and individual well-being as a whole.

Holistic wellness cleaning integrates human factors like hygiene, health, safety, and sustainability.

228_{MM}
SQUARE FEET
CLEANED DAILY*

*As of Jan. 2026



THE HIDDEN COSTS OF UNCLEAN SPACES ADD UP.

Every organization pays the price for poor hygiene, even if it's not immediately visible.

According to a 2015 report by the Centers for Disease Control and Prevention (CDC), workplace absenteeism due to illness costs U.S. employers over \$225 billion annually, or roughly \$1,685 per employee. That's equivalent to more than \$300 billion in today's dollars or roughly \$2,310 per employee.

In schools, the effects are equally impactful. When outbreaks of respiratory illness or influenza strike, students and teachers alike miss out on critical class time that quickly adds up.

But what's behind these numbers? The answer often lies in the very air we breathe and the surfaces we touch on a daily basis. Germs, allergens, and indoor air pollutants accumulate quickly in poorly maintained environments. Shared spaces and surfaces, like desks, keyboards, doorknobs, and cafeteria tables, can become transmission hubs for bacteria and viruses like influenza and COVID-19.

When cleaning standards slip, the ripple effect can be significant and result in higher rates of illness, increased absences, and a measurable drop in performance.

*Workplace absenteeism due to illness costs U.S. employers **over \$225 billion annually**, or roughly **\$1,685 per employee** according to the U.S. Centers for Disease Control and Prevention (CDC).*

WELLNESS COMES IN MANY FORMS.

Shining, sanitary spaces support employee, patient, and student well-being in more ways than one. That's why holistic wellness cleaning takes into account the entire experience of those occupying your space day to day.



Physical Wellness

The link between environmental hygiene and human wellness is well established. A study from the University of Arizona found that a typical office desk can harbor up to 400 times more bacteria than a toilet seat. Regular, professional cleaning using commercial-grade disinfectants can reduce these microbial populations, leading to lower rates of respiratory and gastrointestinal illness.

According to Harvard Business Review, cluttered spaces can negatively impact stress and anxiety levels, as well as the ability to focus.



Mental and Emotional Wellness

While the physical benefits of a clean environment are well documented, the psychological benefits are just as powerful.

In workplaces, cleanliness directly influences mood, motivation, and morale. A clutter-free, freshly cleaned office signals care and professionalism and contributes to a sense of pride among employees. According to Harvard Business Review, cluttered environments can have negative impacts on individual stress and anxiety levels, as well as the ability to focus.

In schools, cleanliness affects both cognitive focus and emotional well-being. Studies show that students in clean, orderly classrooms report feeling safer and more supported. Teachers, too, experience reduced stress and burnout when their environments are consistently well-maintained.

In short, when spaces are clean, people simply feel better and show up more consistently.



Environmental Wellness

Air quality also plays an important role in environmental hygiene. Dust, mold spores, and volatile organic compounds (VOCs) from uncleaned carpets and surfaces can trigger allergies and asthma. According to the U.S. Environmental Protection Agency (EPA), high-efficiency particulate air (HEPA) filtration and regular deep cleaning help eliminate these irritants, creating a healthier, more breathable atmosphere for everyone.

Using toxin-free cleaning agents and green sanitizing solutions also reduces adverse health reactions while helping reach sustainability goals and reducing environmental pollutants.

THE FUTURE OF CLEAN IS WELLNESS-DRIVEN.

The COVID-19 pandemic reshaped how society views cleanliness. What was once considered a background task has become a strategic imperative.

Moving forward, organizations that integrate cleaning into their wellness and sustainability programs will enjoy a competitive advantage: healthier people, happier customers, and stronger reputations.

Emerging technologies, such as AI-driven workflows, UV-C disinfection, and smart cleaning analytics will further empower our Team Members to create safer and cleaner spaces that support wellness with more measurable results.

The mission of any successful cleaning program should remain human-centered, providing immaculately clean and safe spaces where people can thrive.

Companies that invest in professional cleaning are not just maintaining their space, they're investing directly in the well-being of the people who use it every day while demonstrating a commitment to excellence.



IT'S TIME TO BOOST WELLNESS FOR THE LONG HAUL.

Creating a clean, healthy environment isn't achieved with one single deep clean; it requires ongoing partnership, consistency, and accountability.

At 4M Building Solutions, we take a holistic, data-driven approach to cleaning that boosts environmental health by delivering a Precision-Grade Clean™ that defies expectations and supports the wellness of all building occupants from day one.

Meanwhile, our on-site account managers work directly with each client to establish direct, open communication along with a customized cleaning plan that fits each building's unique demands.

According to a recent report published by Occupational Medicine & Health Affairs, here are some key benefits you can expect from a proper, professional cleaning program focused on holistic environmental hygiene.

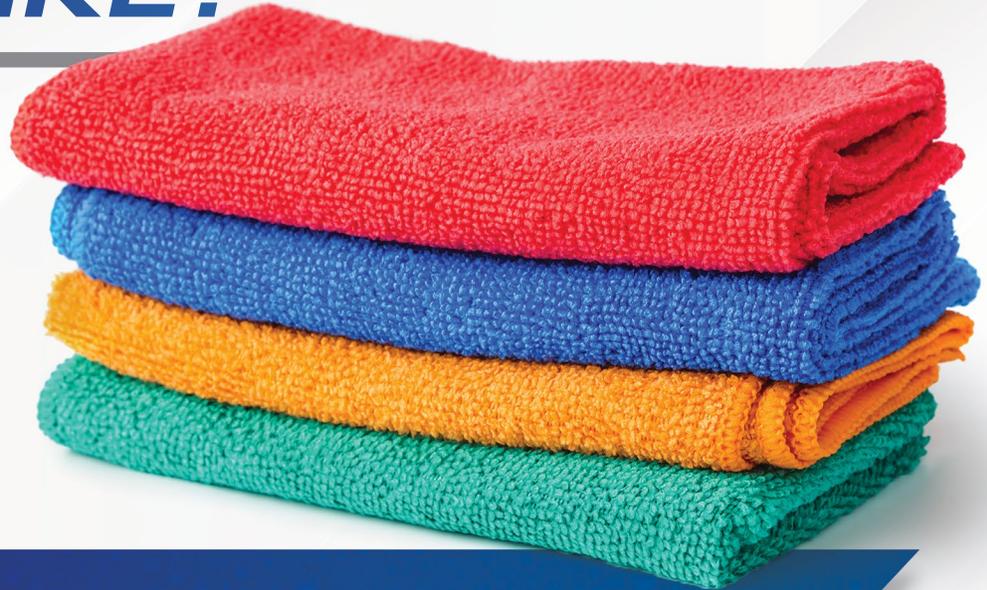
- **Improved focus and efficiency.** Reducing clutter and enhancing cleaning practices helps create an environment that's more conducive to learning and working.
- **Minimized workplace injuries.** Accidents and injuries can be costly and disruptive for any operation. Proper maintenance helps reduce risk and avoid unnecessary hazards.
- **Fewer sick days.** Reducing the risk of physical illness for employees and students alike leads to reduced absenteeism and increased operational consistency.
- **Boosted morale.** Employees feel safe and valued when their spaces are maintained with care, leading to a more positive, productive workplace.

Our comprehensive cleaning programs combine science-based disinfection protocols, eco-friendly products, and highly-trained Team Members—99.9% of whom are directly employed by 4M—to deliver results that go beyond surface shine.

With proactive planning and meticulous attention to detail, we're bringing new meaning to cleaning—helping our clients focus on what they do best, while we handle the rest.

ARE YOU READY TO SEE WHAT A NEXT-LEVEL CLEAN LOOKS LIKE?

4M Building Solutions has the specialized experience and logistical scale to deliver hyper-localized cleaning services with unparalleled precision and measurable results.



Contact us today to start your precision plan!
4-M.COM | 800.535.6282

Sources:

CDC Foundation. (Jan. 28, 2015). "Worker Illness and Injury Costs U.S. Employers \$225.8 Billion Annually." U.S. Centers for Disease Control and Prevention. <https://www.cdcfoundation.org/pr/2015/worker-illness-and-injury-costs-us-employers-225-billion-annually>

Das, Mona. (2024) "The Role of Industrial Hygiene in Enhancing Productivity and Efficiency." Occupational Medicine & Health Affairs, 12(4). <https://www.omicsonline.org/open-access-pdfs/the-role-of-industrial-hygiene-in-enhancing-productivity-and-efficiency.pdf>

"Prof. talks dirty on germ research." (March 8, 2012). The Daily Wildcat. <https://wildcat.arizona.edu/142279/news/prof-talks-dirty-on-germ-research/>

Sander, Libby. (March 25, 2019). "The Case for Finally Cleaning Your Desk." Harvard Business Review. <https://hbr.org/2019/03/the-case-for-finally-cleaning-your-desk>

United States Environmental Protection Agency. (April 9, 2025). "Improving Your Indoor Environment." <https://www.epa.gov/indoor-air-quality-iaq/improving-your-indoor-environment>

