



Nqobile Nontobeko Mahaye

Curriculum Vitae (CV)

What job i'm looking for? My positive points

done easier.

6. Reduced Stress and Anxiety

A cluttered and disorganized environment can increase stress and anxiety levels. Cleaning and organizing can help reduce these feelings and make it easier to relax in the environment.

7. Improved Mood and Self-Esteem

A clean and organized environment can help improve mood and self-esteem. This is because it can give a sense of accomplishment and make it easier to take pride in the background. This can lead to an overall better mood and improved self-esteem.

III. Improved Environment

8. Reduced Pollution

A clean environment can help reduce air and water pollution. This is because it reduces the amount of waste and contaminants released into the atmosphere. This can help improve air and water quality and reduce the risk of environmental hazards.

9. Improved Water Quality

A clean environment can help improve water quality. This is because it reduces the contaminants that can enter waterways and contaminate drinking water sources. This can help reduce the risk of waterborne illnesses and other health issues.

10. Reduced Waste and Recycling

A clean and organized environment can help reduce waste and increase recycling. This is because it reduces the amount of clutter and makes it easier to find items that can be recycled or reused. This can help reduce the amount of waste that goes into landfills and help conserve resources.

How to Achieve Cleanliness

Start with Small Steps: The best way to achieve cleanliness is to start small. Start by clearing clutter from home and organizing items more efficiently. This will help reduce the amount of time it takes

to accomplish tasks, as well as help create a more relaxing and pleasant atmosphere. Develop a Cleaning Routine: Regular Cleaning can help ensure the home stays tidy and organized. This can include vacuuming, dusting, and washing the dishes. Setting aside time each day or week to clean can help ensure the home stays clean and organized. Use Cleaning Products: Using the right cleaning products can help to make the cleaning process easier and more efficient. Choose products specifically designed for the surfaces and areas that need to be cleaned. Additionally, be sure to use products that are safe and non-toxic, as these will help to ensure the safety of everyone in the home. Practice Good Hygiene: Maintaining good hygiene is essential for achieving and maintaining cleanliness. This can include washing hands regularly, brushing teeth, and showering or bathing daily. Additionally, it is important to keep up with other personal hygiene habits, such as trimming nails and changing clothing. Keep Surfaces Clean: Keeping surfaces clean is essential for achieving and maintaining cleanliness. This includes things such as countertops, tables, and appliances. It is important to clean these surfaces regularly to remove dirt and dust and prevent the spread of germs and bacteria. Disinfect Regularly: Disinfecting surfaces and objects regularly can help to reduce the spread of germs and bacteria. This includes wiping down doorknobs, phones, and frequently touched surfaces. Additionally, using a disinfectant specifically designed for surfaces and objects that need Cleaning is important. Conclusion

Cleanliness is an essential part of good health and well-being. It has many benefits, such as improved health, reduced stress, increased productivity, and improved mental health. It can also help to reduce the risk of pests, improve self-esteem, save time, and improve relationships. Cleanliness is an essential part of living a healthy and happy life. It can help reduce disease spread, improve hygiene, and create a more pleasant environment. To achieve and maintain cleanliness, it is important to start with small steps, develop a cleaning routine, use the right cleaning products, practice good hygiene, keep surfaces clean, and disinfect regularly. These tips and strategies make achieving and maintaining cleanliness in our lives possible.

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| Preferred occupation | Generals General jobs |
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Contacts and general information about me

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|----------------------|---|
| Day of birth | 1998-02-09 (26 years old) |
| Gender | Female |
| Residential location | KwaZulu-Natal |
| Telephone number | <i>Information is available only for registered users.</i> Sign in |
| Email address | <i>Information is available only for registered users.</i> Sign in |

Additional information

Salary you wish R8000 R per month

How much do you earn now R4000 R per month