

Why shouldn't you wash dishes by hand?

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Not cleaning dishes completely

You can use cool or warm water in your regular dishwashing routine. That temperature isn't enough to completely clean your dishes of bacteria. " *Our hands can't handle the hot water temperatures -- 140 degrees Fahrenheit -- that many dishwashers use to clean dishes* ," The Washington Post reports.

Plus, kitchen sponges have been shown -- used time and time again -- to be one of the germiest items in your home. Instead, your dishwasher can clean them effectively at this temperature or higher.

A 2017 study by Scientific Reports found that kitchens have more bacteria than toilets. ' *This is largely due to the contribution of kitchen sponges, which have been shown to harbor the most active bacteria in the entire home,* ' the study said.

Sponges need to be cleaned, but many people don't. Seriously, using a dirty sponge to wash dishes can leave your dishes dirtier than they were before you started cleaning.

Waste of resources

Washing dishes by hand before using the dishwasher will definitely use more water than just running the entire dishwasher.

Rinsing dishes in the sink can easily waste more than 23,000 litres of water per household per year. Just scrape off any food residue from your dishes, without water, before putting them in the dishwasher.

Prone to irritation and dermatitis of hands

Washing dishes by hand can be hard on your hands. If you have dry or sensitive skin or just got a manicure, all that hot water and dish soap can damage your skin and nail polish. Gloves help protect your hands, but why not run the dishwasher and give your hands a break?



When should you wash clothes by hand?

Items that should be washed by hand: Antique family heirlooms, sharp knives and blades, and delicate items, such as hand-painted dishes, wooden cutting boards, or cast iron or wooden items. In addition, if the number of items to be washed is small, washing by hand will save more water. On the other hand, for stubborn stains or residue, you should treat them by hand first.

Don't leave dishes in the dishwasher for more than a few days. Dirty dishes are a breeding ground for bacteria and it's best to wash them as soon as possible.

In general, washing dishes by hand or by machine depends on people's habits and preferences. However, it is easy to see that using a dishwasher brings more benefits than washing dishes by hand, especially saving time and effort. If you are interested in this device, you can refer to:

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