



Aside from sorting cupboards and scrubbing floors, the annual spring clean is the perfect opportunity to undertake a quick and simple home security audit, just to ensure that your property is as secure as can be.



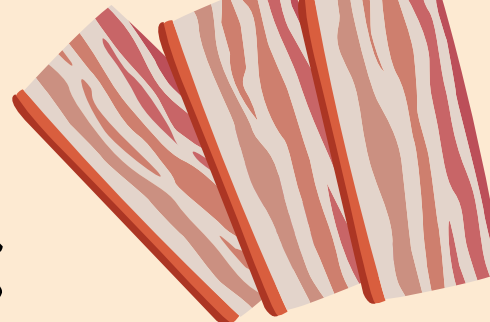
Spring Cleaning Statistics



A full spring clean can burn up to **3,655 calories**



This equates to **783 bacon sandwiches**



An average spring clean takes **16 hours & 20 minutes** over **4 days**



Britain's Cleaning Habits



6 million Brits hire domestic help



Average time spent cleaning a home in a lifetime



A three-bedroom house takes approximately **3 hours** to clean

12,896 HOURS

6,448 HOURS



2-4 hours a week is spent cleaning by the average Brit

20%

of men admit to never thoroughly cleaning their home



Home Security Statistics

10%

increase in domestic burglaries over spring and summer

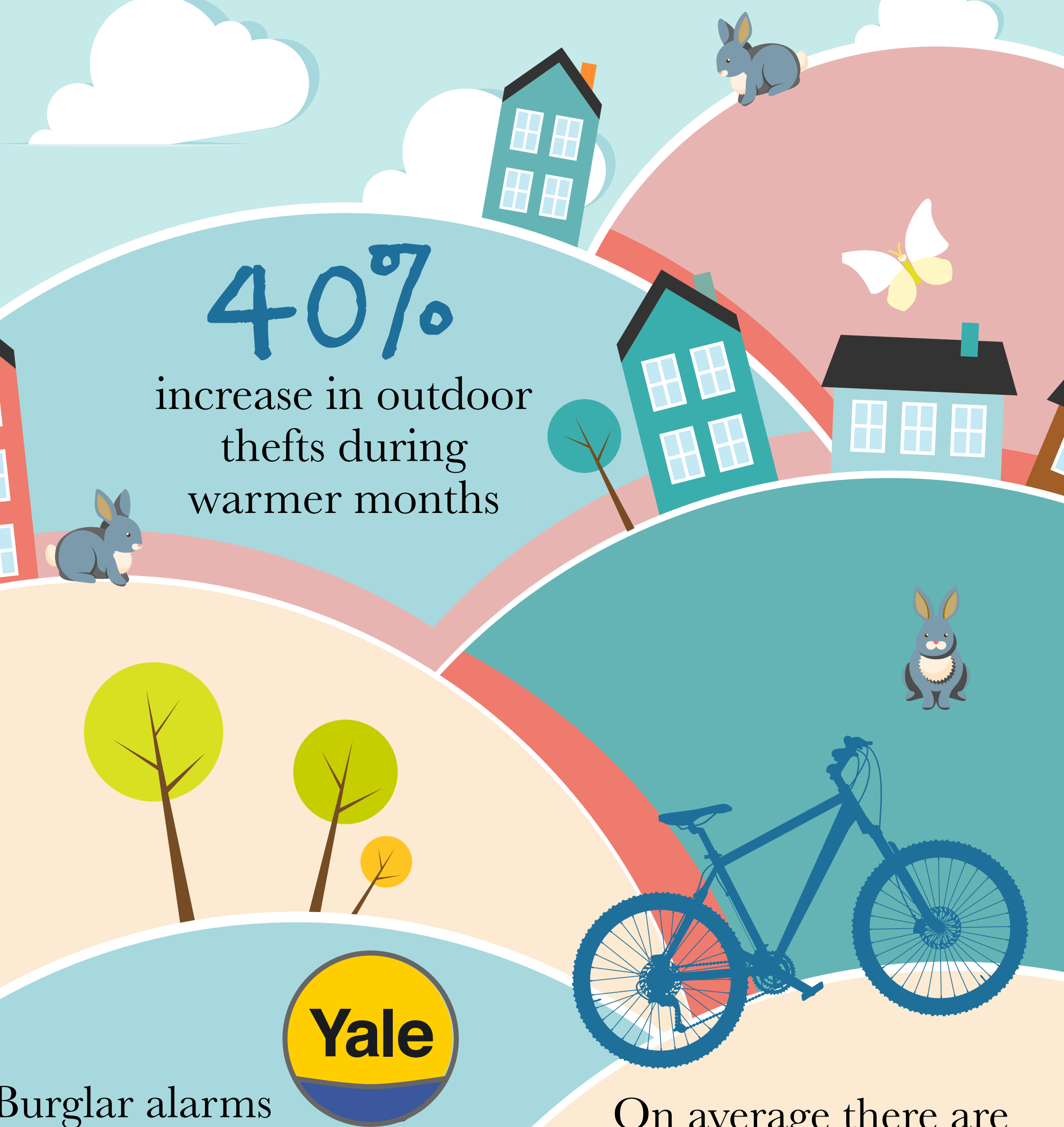


56%

of Brits have experienced a break-in themselves or in their local area

40%

increase in outdoor thefts during warmer months



Burglar alarms are the most commonly purchased form of home security



On average there are

12,850

more instances of bicycle theft over summer than winter

More than **30,000** burglaries take place nationwide every month



25%

of Brits have no home security at all



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Sources: OnePoll, Churchill, Rug Doctor, Moneywise, The Home Office, Space Station, Halifax Home Insurance, PromotionalCodes.org.uk, Office for National Statistics, National Police Chiefs' Council

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