



Plants at Work – Benefits of Plants

When so much of the day is spent indoors, incorporating some plant life into your workplace is a great approach to keeping wellbeing a priority.

Indoor plants do more than look pretty. They can make your employees happier and more productive. Explore these benefits of office plants.



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Plants at work are a vital part of the office environment, with many benefits to be seen from bringing nature indoors.

Benefits for Our Health

Employers and employees alike can gain from plants in the workplace and we now have the facts to reinforce what has always been known:

Plants in a work environment have a positive effect on our mental and physical wellbeing.

The benefits to our health carry cost savings for companies that far exceed the investment in plant services, and as such, are now part of the equation of a Green Star-accredited building.

The research of many sources provides the facts and figures to show that plants at work improve our wellbeing, making us more productive, with fewer absences due to illness. This bottom line makes sense to any company that values its greatest asset: its staff.

These studies are conducted not only in the lab, but across many workplaces and show large percentage improvements across several categories of day-to-day tasks performed as part of an average working day.



% Reduction with Plants and Lighting	
Dry, itching skin on hands	21%
Itching, scaling scalp / ears	19%
Dry / itching facial skin	38%
Cough	22%
Dry, hoarse throat	11%
Itching / irritation of eyes	15%
Concentration problems	25%
Dizziness	25%
Feeling Heavy – Light headed	45%
Headache	33%
Fatigue	43%

Source: *Reducing health complaints at Work*, Dr Tove Fjeld & Charite Bonnevie



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Plants are an effective and efficient method of cleansing the air by removing VOCs and reducing carbon dioxide.

Indoor Air Quality

Indoor air in an office can fill with many toxins known as Volatile Organic Compounds or VOCs. Although these VOCs cannot be seen or even smelt, they are present and affect our health. Indoor air can actually be more polluted than that of outdoors and therefore has an important link to our health.

The modern workplace is full of VOC- emitting materials such as carpets, laminate and glues for furniture, computers, printers and electronic equipment, plastics and even other people breathing. Plants absorb Volatile Organic Compounds (VOCs) emitted from plastics and synthetics such as furniture and electronics to provide many health benefits.

The Facts

Plants can:

- Reduce Noise pollution
- Reduce Carbon Monoxide
- Improve productivity
- Lower stress
- Reduces fatigue and sick leave
- Promotes feeling of wellbeing
- Lower blood pressure
- Reduce attention fatigue
- Improve concentration
- Increase productivity

Healthier & Happier Staff

With staff being a company's most valuable asset, it makes sense to look after them and their health by providing a safe and healthy workplace.

Studies have shown improvement of 40-60% in mood/wellness. With statistics like these, plants become a compelling workplace essential for any HR management strategy.



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The Bottom Line

The modern workplace has removed us from the outside environment and created an isolated ecosystem that can be full of toxins that affect our health and wellbeing.

Hence the phrase 'Sick Building Syndrome' due to the impact on the people within. With so much data supporting the benefits of plants at work, there are compelling reasons to introduce some greenery to enhance an office and allow the plants to heal the air that we breathe.

Convey the Right Message

A well-designed plant and planter selection can not only inspire your workforce, but will also convey a company's image and values to its clients. Surveys show that plants in an office give a perception that your business is:

- Trustworthy
- Welcoming
- Caring
- Conscious of staff needs
- Environmentally aware

With your company image paramount to success, it's no wonder that a small investment into green credentials will be returned by your staff and clients many times over.

