

Improve Your Triple Bottom Line Profit - People - Planet

12% Productivity Increase

International research has proven that the introduction of plants into the workplace environment increases productivity by up to 12%, and attentiveness by up to 27%.

In addition, plants have directly measurable benefits for the personal wellbeing of your staff and clients.

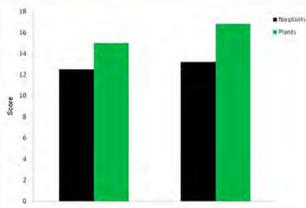
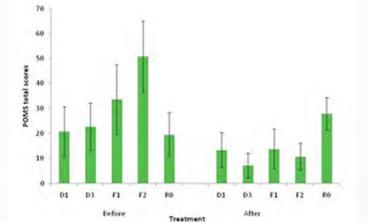


Fig derived from Lohr et al., Env. Hort., 10, 1, 53-58.



Lower Stress

The UTS laboratory found that indoor plant presence resulted in significant reductions (from 30% - 60%) among staff surveyed in feelings of hostility, anger, anxiety, depression and confusion, and an increase in feelings of vigour and/or enthusiasm.



(Treatments: 1 or 3 desk plants [D]; 1 or 2 floor plants [F]; or, no-plants [RO]). (From: Burchett et al., 2010: Greening the Great Indoors for Human Health and Wellbeing, Final Report from UTS & NIPA to HAL, Syd.)

Significant reductions in negative mood scores occurred after plants were placed in staff offices. However negativity scores increased by 30% in the 'no-plants' (RO) control group.



Increase Staff Retention

Aesthetically pleasing workplaces utilising indoor plant presence result in lower staff turn over.



Reduce Sick Leave

A number of overseas studies have also shown that sick leave absences are reduced and productivity, as measured by computer tasks, is increased where indoor plants are present in the workplace.



Workplace Environmental Quality

Research shows plants contribute to almost all factors of Indoor Environment Quality (IEQ) (* Criteria list - NSW Gov. Workplace Guidelines, website, 2010)

IEQ Criterion	Plants Contribute To The Workplace
* Ventilation effectiveness	Increase effectiveness - remove CO ² / add O ²
* Lighting	If Levels are OK for plants, then probably it will be appropriate for staff as well
* Low Emitting Materials	Absorb toxic emissions
* Views	Add improved aesthetics and calming greenery
* Noise	Absorb & buffer noise
* Air pollution mitigation	Reduce all types of urban air pollution
* Controllability of Systems	Not influenced
* Thermal Comfort	Not influenced (However, plants do tend to stabilise humidity in human comfort range)

Therefore 6 out of 8 criteria are positively influenced by plants in the workplace.



Cleaner Air is healthier air, and leads to clearer thinking.



International research, including our own at UTS, has conclusively demonstrated that indoor plants not only reduce urban indoor air pollution but with adequate lighting, plants also reduce CO² levels, which are always significantly higher indoors than outside.



Green Star Office Interiors

Up to 2 points* for use of plants in Green Star rated buildings

*GBCA - Green Star Office Interiors v1.1 IEQ15



Researched in association with:



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Win - Win - Win