INDOOR PLANTS AT HOME AND IN THE WORKPLACE

HEALTH BENEFITS:
With plants present, we experience

- 20% less fatigue
- 30% reduction in headaches
- 30% reduction in sore throats
- 40% fewer coughs
- 12% higher levels of productivity
- 15% higher levels of creativity
- 15% increased productivity
- 19% improvements in concentration
- 12% higher levels of well-being
- 88% of workers say having access to natural indoor elements increase their level of wellbeing
- 97% of employees would like to have more plants in the workplace

Rooms with indoor plants have 50%-60% fewer disease-causing airborne molds and bacteria.

Indoor plants create oxygen and remove harmful VOC contaminants.

Plants are proven to reduce stress.

Humidity is maintained at an approved human comfort range of 30%–60% with indoor plants.

Plants help to lower our heartrate.

Interior plants improve our overall health, outlook and wellbeing.

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- 15% higher levels of well-being
- 19% improvements in concentration

Workers in offices with poor light and without greenery use more sick leave hours.

Plants at work are significant in employee perceptions of comfort, friendliness and freshness.

The cost of human capital in the workplace is 10x that of other operating expenses, indoor plants provide a huge return on investment (ROI).

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sources: greenplantsforgreenbuildings.org/research

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