



Plants at work

The benefits of a healthy workplace

Plants at work

– a vital part of the working environment



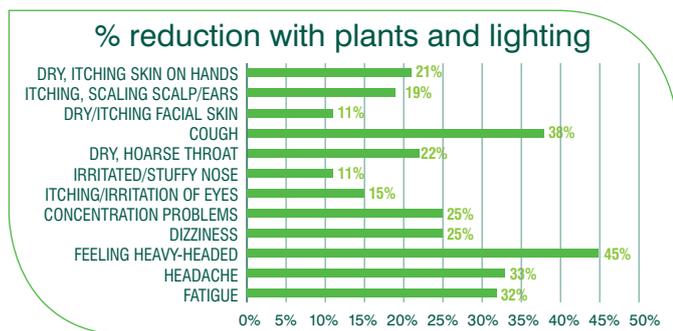
Plants at work are a vital part of the office environment, with many benefits to be seen from bringing nature indoors.

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.

These effects also 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 fitout.

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.



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

Benefits for our health

Research from around the world has consistently proved that plants in a workplace can:

- improve productivity
- help with concentration
- lower stress
- assist in reducing fatigue
- reduce sick leave
- provide general feeling of wellbeing



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.

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



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 show us that plants reduce:

- 🌿 eye, nose and throat complaints
- 🌿 average number of sick days
- 🌿 blood pressure
- 🌿 anger and negativity
- 🌿 anxiety and depression
- 🌿 stress
- 🌿 confusion and fatigue



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

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.

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.



Plants at work

– the facts

Plants absorb Volatile Organic Compounds (VOCs) emitted from plastics and synthetics such as furniture and electronics to provide many health benefits.

Plants reduce:

- 🌿 drowsiness
- 🌿 carbon monoxide
- 🌿 sore eyes and throat
- 🌿 stress
- 🌿 noise pollution

Plants can:

- 🌿 lower blood pressure
- 🌿 reduce attention fatigue
- 🌿 improve concentration and productivity

Studies indicate that staff with one or more plants in their office showed reductions of 40%-60% in:

- 🌿 anxiety
- 🌿 anger
- 🌿 depression
- 🌿 fatigue
- 🌿 negativity
- 🌿 stress

Plants in client areas provide an impression that your company is:

- 🌿 trustworthy
- 🌿 welcoming
- 🌿 stable
- 🌿 patient
- 🌿 caring

Source: UTS
Sciencestrategy



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Plants at work!

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