

Plants for profit!

Researchers and scientists over the world have proven how much plants increase our indoor working environment. Learn more how to gain!



Studies

Here are some of the fields studied and what positive impact plants have on us:

Improve productivity

By as much as 12% (Lohr)

Concentration

Especially if you sit in front of a computer for more than 4 hours a day (Berg, Lohr)

Creativity

Contribute to increased creativity (Ulrich, Hesselink)

Noise

Absorb and deflect sound (Costa)

Energy controllers

Heat and cold regulators (Costa, Schempp)

Not less important than the examples mentioned above, is the fact that plants reduce illness and complaints of bad health.

Fewer complaints, less illness

In many workplaces the air is too dry and contains harmful substances which can cause health problems. Common complaints are a dry throat, a headache, dizziness, fatigue, irritated eyes, airways and skin, and coughing.

Placing air-purifying plants can reduce these health complaints significantly. Plants release moisture into the air, absorb heat and noise, and absorb and break down harmful substances.



The effect of plants in the workplace has been the subject of repeated scientific investigation. Time after time the conclusion is the same: Plants work and they work for your health! One study looked at the effect of plants on the health of staff in the radiology department of a Norwegian hospital. Once plants were placed in the department and artificial daylight was introduced, the level of health complaints amongst those studied fell noticeably. This resulted in a permanent reduction in absence due to illness from 15% to 5% within 6 months. (Fjeld)

Symptom Reduction in complaints (%)

Eye irritations -	15%
Dry throat -	31%
Fatigue -	32%
Cough -	38%
Headache -	45%

Count on it!

An investment in plants in the workplace can be earned back within a year. The following calculation illustrates the benefits for a company with 100 employees working behind computer screens, where absence due to illness is reduced by 1%.

Annual rental cost

Including maintenance and guarantee of plant replacement €15.000,-

Annual savings

1% absence due to illness = annual salary €35.000,-

Yield

Annually €20.000,-

Time to act

It's time to implement this knowledge! Together with your professional Interior Landscaper you can soon get the benefits of plants and of course, your office space will look much nicer and more attractive.

Please for more information go to:

www.healthygreenatwork.org

www.plants4life.org/index.php/background

Please send replies and questions to:
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