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 well-being
- 15% increased productivity
- 15% higher levels of creativity
- 19% improvements in concentration
- 50%-60% fewer disease-causing airborne molds and bacteria
- Humidity is maintained at an approved human comfort range of 30%-60% with indoor plants
- Plants help to lower our heart rate
- Indoor plants improve our overall health, outlook and wellbeing
- Plants at work are significant in employee perceptions of comfort, friendliness and freshness
- Rooms with indoor plants have 50%-60% fewer disease-causing airborne molds and bacteria
- Plants are proven to reduce stress
- Interior plants improve our overall health, outlook and wellbeing

WORKPLACE PRODUCTIVITY IMPROVEMENTS:
With plants present, we experience

- 88% of workers say having access to natural indoor elements increases their level of well-being
- 97% of employees would like to have more plants in the workplace
- The cost of human capital in the workplace is 10x that of other operating expenses, indoor plants provide a huge return on investment (ROI)

88% of workers say having access to natural indoor elements increase their level of wellbeing

#StayPlanted

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source: greenplantsforgreenbuildings.org/research