

INDOOR PLANTS

AT HOME AND IN THE WORKPLACE

#StayPlanted



HEALTH BENEFITS:

With plants present, we experience

20%
less fatigue

30%
reduction in
headaches

30%
reduction in
sore throats

40%
fewer coughs



Rooms with Indoor plants have **50%-60%** fewer disease-causing airborne molds and bacteria



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



Indoor plants create oxygen and remove harmful VOC contaminants



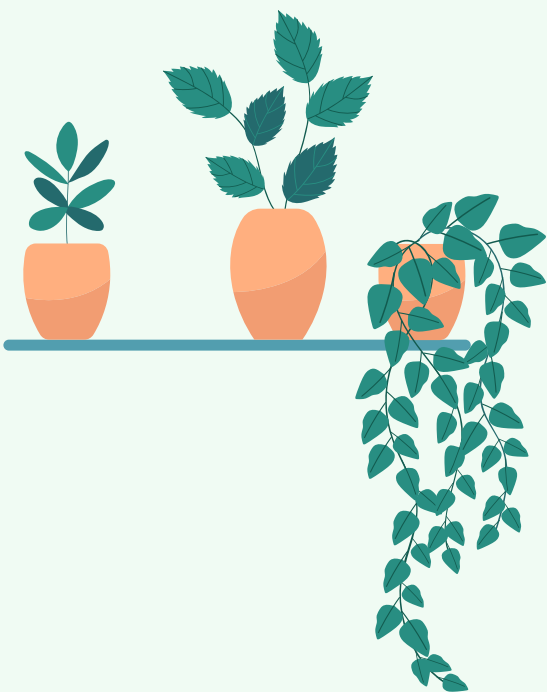
Plants help to lower our heartrate



Plants are proven to reduce stress



Interior plants improve our overall health, outlook and wellbeing



WORKPLACE PRODUCTIVITY IMPROVEMENTS:

With plants present, we experience



12%
increased
productivity

15%
higher levels
of well-being

15%
higher levels
of creativity

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



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



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

brought to you by your green industry professionals

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sources: greenplantsforgreenbuildings.org/research