

## Noise Reduction and Energy Conservation

Interior Plants have also been proven to cut down distractions due to office noise as plants and their leaves absorb background noise. Plants create their own micro-climate and absorb heat, reducing the amount of air conditioning necessary.

Common Health Problems in Modern Office Buildings that can be alleviated by the introduction of plants:

- Dry hands, skin irritations
- Facial Skin irritations
- Hoarseness, dry throat
- Dizziness
- Fuzzy head
- Irritated Eyes
- Cough
- Concentration Problems
- Headaches
- Fatigue

## Research by GP Plantscape

At GP Plantscape, in association with Liverpool John Moores University, we have invested in researching the benefits of plants in office environments and have produced some remarkable results. Not only do our conclusions show an increase in humidity levels and the provision of significant psychological benefits where plants were present, but in one trial, absence was reduced by nearly 50% in the area with plants compared to absence levels in the same area the previous year. In the control area, with no plants, the absence rate actually increased slightly. Please contact us for more information on GP trials.



Interior & Exterior Landscapes

The Pleasance, Kirkfieldbank, Lanark ML11 9TG.

Tel. 01555 663234 Fax. 01555 663111

Email. [info@gplantscape.com](mailto:info@gplantscape.com) Web. [www.gplantscape.com](http://www.gplantscape.com)

*Photographic contributions courtesy of The Flower Council of Holland*



Breathe life  
into the  
workplace...



Interior & Exterior Landscapes

Plants can help to reduce absenteeism and make your workforce more productive.



## How it all works

### Plants filter the air in the indoor environment.

Indoor contaminants from furniture, insulation and carpets can cause a variety of complaints such as respiratory irritation, dizziness, headaches, skin rashes, nausea, vomiting and even allergic reactions. This can often then lead to poor levels of concentration, lower productivity levels and increased sickness absence. Plants absorb toxins, including carbon dioxide, through their leaves and their growing medium and emit oxygen for us to breathe. Perfect recycling.

### Plants Increase the humidity in the workplace.

Low humidity in working environments can cause skin complaints, asthma and frequent colds. As plants return over 90% of all water we give them back into the atmosphere they are very efficient at raising humidity levels and therefore alleviating some of these problems. Plants can increase the atmospheric humidity by some 10% to 15%.



Research has proven that people who feel “at home” in their working environment are less likely to be ill and therefore take time off work. They manage stress more effectively and their productivity is better.

It is a scientific fact that the presence of plants help keep people calmer and make them feel good thus providing the following benefits.

### Reduced Absenteeism

A hospital study in Norway has shown that absence from work due to illness could be reduced from 15% to 5% within 6 months when plants were placed near workers computer screens. Five years on, sick leave has stabilised at 5.6%.

### Productive Staff

Research has shown that plants have a calming effect, particularly for those working at computer screens for more than 4 hours a day. Studies have shown that with the introduction of plants there is greater concentration and increased productivity by as much as 12%.

### Stress Levels Reduced

Plants have been proven to produce psychological benefits which reduce stress levels. Pulse rates and blood pressures were reduced where people were working in areas where plants were situated.



Plants in the workplace increase our mental and physical wellbeing.

