



# Plantscape

www.plantscape.com email: plants@plantscape.com

# INDOOR PLANTS AT HOME AND IN THE WORKPLACE

## #StayPlanted



### HEALTH BENEFITS:

With plants present, we experience

**20%**  
less fatigue

**30%**  
reduction in  
sore throats

**30%**  
reduction in  
headaches

**40%**  
fewer coughs



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



Indoor plants create oxygen and remove harmful VOC contaminants



Plants are proven to reduce stress



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



Plants help to lower our heartrate



Interior plants improve our overall health, outlook and wellbeing



### WORKPLACE PRODUCTIVITY IMPROVEMENTS:

With plants present, we experience

**12%**  
increased  
productivity

**15%**  
higher levels  
of creativity

**15%**  
higher levels  
of well-being

**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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Source: [greenplantsforgreenbuildings.org/research](http://greenplantsforgreenbuildings.org/research)