



Did you know...?

Did you know: why lean is mean? Enrich the office and engage your staff with greenery

We all want to work for an employer who values our work and offers a work environment which looks good and feels good to work in. Investing in new office furniture can be expensive, however there is a cost effective way to not only help improve the workplace ambience, but also help improve the productivity and wellbeing of workers. Greening the office with plants is a cost effective solution that can pay dividends with improvements in staff well being and productivity.

What workers want...

A survey conducted by Gensler¹, a global architect and design practice, suggests that as many as half of the office-based work force would work for an hour a day extra if they had a better work place.

Management Today conducted a survey in 2003 and found that 94% of respondents regarded their place of work as a symbol of whether or not they were valued by their employer, but only 39% thought that their office had been designed with people in mind.

Echo Research, in a study conducted in 2008 for Ambius, showed that if employers

¹ Gensler Architecture (2005). These four walls: The real British office, London: Gensler.



made more of an effort to improve work place surroundings, 62% of U.S. workers said they would be more motivated. In addition, workers felt they would be up to 30% more productive in a more attractive work environment.

Further findings from the same study showed that as many as 25% of American office workers found their work places to be gloomy or depressing. Cramped and noisy work environments with no natural light, greenery or ventilation are the ingredients of many gloomy or depressing work environments.

In his Ph.D thesis, Craig Knight² produced experimental evidence that clearly shows enriched work environments can result in productivity improvements of over 15%. Furthermore, if such an environment were enriched by the office workers themselves, productivity improvements of approximately 30% were achieved.

² Knight, C.P. (2009). The Psychology of space: determinants of social identity, well-being and productivity. Ph.D thesis, University of Exeter.

In addition, research from around the world confirms the role of plants improving indoor air quality, their cooling and noise reduction effects and in turn, their contribution to increasing employee productivity.

From the Netherlands³ there is a study which showed that indoor plants improved both air quality and productivity where the strongest link was with those working at computers. Concentration also improved with the group with plants in their working environment.

A study at Surrey University in the UK⁴ showed that not only were stress levels lower in a planted office, people recovered

³ The Effect of Healthy Workplaces on the Well-being and Productivity of Office Workers, John Bergs, B en R Adviseurs voor Duurzaamheid Amersfoort, The Netherlands

⁴ "The effect of interior planting on stress", Ms Helen Russell, University of Surrey, UK

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Greener on the inside

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from stress more quickly than those in the unplanted office. The study authors also reported that where the task was less complex, even boring, the soothing effects of plants may be even more noticeable.

Research from the University of Technology, Sydney Australia also shows that indoor plants help clean the air. And it's not just the leaves but the whole plant system – that is, the leaves, roots and potting media. They actually suck up and detoxify all the nasty gases

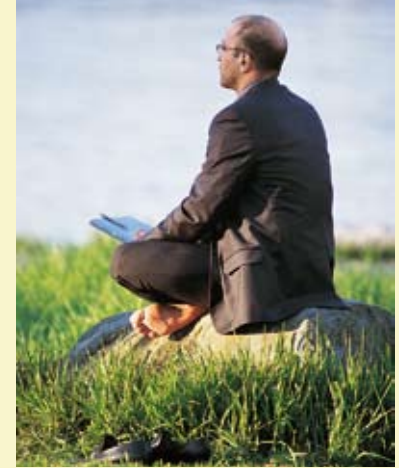
released in offices by furnishings, carpets, photocopiers and printers.

“The research shows us that indoor plants can have a direct impact on business performance. There is now a direct link to the bottom line for employers, apart from improving the aesthetics of interior spaces. Creating greener spaces by recognising the need to remove indoor air toxins means better workplace and customer environments, improving well being for all,” says Mr Ray Borg, **Ambius** Regional Director Asia Pacific.

Green walls: create privacy and reduce noise

Ambius offer a wide range of interesting plantscaping ideas and solutions, including this living “wall” created for BNZ Harbour Quays in Wellington NZ.

This green feature using climbing cissus vines was used to create a living green wall. The green wall installation provides a fabulous living feature, whilst having limited impact on the available workspace within the office. The plants also help absorb noise, and the area, although open, is surprisingly quiet and restful.



Ask the Plant Guru...

Autumn indoor plant tips

- Use the **Ambius** Metro Trough or Urban Wedge planters as contemporary screens and dividers. The containers are offered in a variety of colours and sizes and the plants will help to reduce noise and are useful as barriers to segregate walkways and work areas.
- Indoor plants will slowly adapt to their surroundings by changing their leaf orientation and structure. So don't move your indoor plants around, as they may not be able to adapt as easily as you think.
- Over 80% of indoor plants are killed through over-watering... It is always better to leave the care of your indoor plants to the experts, your **Ambius** Plantscape Technician.



For more ideas on greening your office space, contact **Ambius**:
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Australia 1300 AMBIUS www.ambiusindoorplants.com.au



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