



Did you know...

Better results for businesses which are greener on the inside

While businesses are reigning in spending and looking to greater productivity from their workforces in these tight economic times, it has been shown that the humble office plant can help a business through harder times.

"There's a collection of research from around the world that shows clearly that indoor plants have a positive effect on the people who occupy the same spaces and therefore can impact the bottom line of a business," reports **Ambius** Regional Director for the Asia Pacific Region, Ray Borg.

Research from the US, the Netherlands and the UK has shown positive effects in reducing stress and sickness absence, increasing productivity and improving well-being, particularly in office environments where people are using computers.



"There would be few offices where employees would not be using computers, so the research confirms that living plants are vital in getting the best from employees," says Ray Borg.

A study at Washington State University utilising a windowless computer laboratory showed that when plants were present, the participants showed a 12% quicker reaction time on a computer task, their blood pressure readings were lower and they reported feeling more attentive immediately after the task than people in a room with no plants.¹

1 **Interior plants may improve worker productivity and reduce stress in a windowless environment**, Virginia I. Lohr, Caroline H. Pearson-Mims, and Georgia K. Goodwin Department of Horticulture and Landscape Architecture, Washington State University

From the Netherlands² 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 UK³ showed that not only were stress levels lower in a planted office, people recovered 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.

2 **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

3 **The effect of interior planting on stress**, Ms Helen Russell, University of Surrey, UK

Interested in this area? For more information on the health benefits of indoor plants, ask your **Ambius** Interior Plantscape Technician for our free information sheet on indoor air quality or go to our websites.

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Greener on the inside

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"In past tough economic times, indoor plants were often the first to go in cost cutting, but now the research shows us that they can have a direct impact on business performance. We see that their benefits are being more widely recognised," says Ray Borg.

Recognition of the role of indoor plants is growing, with the Green Building Council now awarding two points towards green star ratings for indoor plant installations.

Other international research and that from the University of Technology (UTS) in Sydney, Australia confirms the role of plants improving indoor air quality, their cooling and noise reduction effects and in turn, their contribution to increasing employee productivity.

The UTS work under the direction of Professor Margaret Burchett has shown using a variety of plants that the plant-and-potting-mix microcosm can remove

repeated high doses of air-borne Volatile Organic Compounds (VOCs) emitted by petroleum based products such as plastics in an indoor environment. The indoor plants directly contribute to improved indoor air quality.

"There is now a direct link to the bottom line for employers from indoor plants, apart from improving the aesthetics of interior spaces. Creating greener spaces indoors means healthier and more productive workplaces and improved customer environments, improving well being for all," says Ray Borg.

For more information on Green buildings, go to:

Australia: GBCA, Office Interiors / IEQ – 15 'Indoor Plants' <http://www.gbca.org.au/green-star/rating-tools/green-star-office-interiors-v1-1/1530.htm>

New Zealand: NZ Green Building Council: <http://www.nzgbc.org.nz/main>



Ask the Plant Guru...

Winter indoor plant tips

- Your indoor plants need water, light and warmth to survive, so when you're off on holiday don't forget your plants. Remember to keep your blinds open.
- Indoor plants slowly adapt to their surroundings by changing their leaf orientation and structure. It's best not to move your indoor plants... leave it to your **Ambius** Interior Plantscape Technician.
- You can still have plants even where space is at a premium: some of the latest designs use tall containers or vertical walls to maximise the health benefit of plants whilst using minimum floor space.

Did you know that you can now pay for your **Ambius** plant rental and maintenance by Direct Debit. Call your local **Ambius** office for more information.

Create a soothing green zone for office workers

Ambius offer a wide range of refreshing plantscaping ideas and solutions, to create an instant soothing green zone for busy, stressed out workers, including:

- Stunning vertical garden walls
- Special interior plantscaping designs for busy open plan environments
- Planting displays to help absorb noise and improve acoustics

And like all our products, it's not just the looks that counts...we back our plants up with legendary service and look after your indoor plants displays to ensure they stay healthy and well maintained.



For more information contact **Ambius**:

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