

EIGHT FEATURES THAT MAKE HEALTHIER AND GREENER OFFICES

1. INDOOR AIR QUALITY & VENTILATION

Healthy offices have low concentrations of CO₂, VOCs (volatile organic compounds) and other pollutants, as well as high ventilation rates.



101%

WHY? increase in cognitive scores for workers in a green, well-ventilated office.¹

2. THERMAL COMFORT

Healthy offices have a comfortable temperature range which staff can control.



6%

WHY? fall in staff performance when offices are too hot and 4% if too cold.²

3. DAYLIGHTING & LIGHTING

Healthy offices have generous access to daylight and self-controlled electrical lighting.



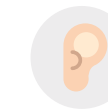
WHY?

46 minutes

more sleep for workers in offices near windows.³

4. NOISE & ACOUSTICS

Healthy offices use materials that reduce noise and provide quiet spaces to work.



66%

WHY? fall in staff performance as a result of distracting noise.⁴

5. INTERIOR LAYOUT & ACTIVE DESIGN

Healthy offices have a diverse array of workspaces, with ample meeting rooms, quiet zones, and stand-sit desks, promoting active movement within offices.



WHY?

Flexible working helps staff feel more in control of their workload and engenders loyalty.⁵

6. BIOPHILIA & VIEWS

Healthy offices have a wide variety of plant species inside and out as well as views of nature from workspaces.



7-12%

WHY? improvement in processing time at one call centre when staff have a view of nature.⁶

7. LOOK & FEEL

Healthy offices have colours, textures, and materials that are welcoming, calming and evoke nature.

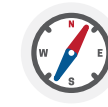


WHY?

Visual appeal is a major factor in workplace satisfaction.⁷

8. LOCATION & ACCESS TO AMENITIES

Healthy offices have access to public transport, safe bike routes, parking and showers, and a range of health food choices.



€27m

WHY?

savings through cutting absenteeism as a result of Dutch cycle-to-work scheme.⁸

EMPLOYEE ENGAGEMENT



Healthy offices have employees that are regularly consulted and that feedback is used to drive continuous improvement.⁹