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.

WHY?
101%
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.

WHY?
6%
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.

WHY?
66%
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.

WHY?
7-12%
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.

WHY?
€27m
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