



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

GREEN TIP #137:

September 2021

Clean Air and Bright Smiles

Chemicals, paints, glues, dirty vent systems, and the increase of the amount of people staying inside the office can all contribute to poor air quality. When there is poor air quality you might experience things such as headaches, coughing, sneezing, congestion, dizziness, irritated eyes, and tiredness. None of these are fun to experience so here are some ways we can combat poor air quality.

Make sure you open the windows when you can to keep good ventilation. Not only does opening the windows allow fresh air to come in and the old stale air to come out, but it cools down the office, allows the sounds of nature to come through.

Don't block the air vents or grills in your office. This allows air flow and doesn't mess up the vent system for those offices around you. Sometimes having things like bookshelves, filing cabinets, and furniture that block airflow underneath can lead to bad air flow and air quality in the office.

Make sure to comply with your works smoking regulations and policy. Smoke only in the designated areas and not near any open doors or windows. This stops the smoke from wafting into the office which can affect the air quality within the building.

Another way to improve the air quality within your office is with plants! Plants can not only brighten up an office space but they have also been shown to reduce stress rates and improve overall mood!

English Ivy: This plant does great in small spaces with little sunshine. Helps to absorb formaldehyde.

Snake Plant: This plant does well in low light and helps to lower CO₂, benzene, formaldehyde, xylene and toluene. This plant also acts as a good defense against allergies.

Wax Begonia: This plant does best in an area with lots of sunlight. This plant helps with benzene and it flowers in the summer.

Lady Palm: This plant is very easy to grow and is tolerant of low light areas. This helps control ammonia.

Golden Pathos: This plant is a very flexible vine that can tolerate colder temperatures, low light, and low humidity. This plant helps absorb formaldehyde, carbon monoxide, and benzene.

Spider Plant: This plant is resilient and is very good for beginners. This plant helps with formaldehyde and benzene.

Do you have any questions or suggestions? Call or email us at green_solutions@reaps.org!