# How to Improve Office Air Quality

The air quality in your office plays an important role in the health and effectiveness of everyone using the building. Poor air quality can exacerbate allergies and asthmatic conditions while causing headaches and other maladies among workers. It only stands to reason that sick workers will not be able to work productively or perform effectively. To help you figure out how to improve office air qualitywe’ve come up with a list of tips that you can make use of to make a better office environment for everyone.

Bring In Some Plants

Office plants are not only good for creating a visually pleasing environment, they can also increase the amount of oxygen available while absorbing toxins and contaminants. Studies have shown that the simple introduction of plants into the workplace can reduce worker stress levels, sick days and office noise levels. Plants can make an office look and feel more attractive which will help boost productivity.

Open The Windows

Office workers that are exposed to fresh air will feel better than those who aren’t. By opening the windows when possible, indoor pollutants are whisked away by the circulating air. Study after study has shown that exposure to fresh air improves productivity and reduces worker ailments. Something as simple as opening a window can lead to healthier workplace for all involved.

Maintain Air Vents, Filters And Ducts

All the various components of your HVAC (heating, ventilation and air conditioning) system need to be properly cleaned and maintained. Air vents that are blocked and filters that are clogged will reduce air circulation and allow indoor pollutants to build up. Air ducts that aren’t properly cleaned will simply circulate dust and allergens throughout the building. By staying on top of the maintenance and cleaning schedule of your HVAC system you’ll improve the quality of the office air.

Optimize Humidity Levels

The optimal humidity level for an office is between 40 and 60%. If the relative humidity gets too low, people can begin to experience sinusitis and other respiratory problems. High humidity levels can lead to a feeling of stickiness and general discomfort. A proper balance can be attained through your HVAC system or with the addition of humidifiers or dehumidifiers.