

HOW DOES YOUR WORKSPACE AFFECT YOUR WELL-BEING?

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RESEARCH QUESTION

COVID-19 HAS LED TO INCREASED WORK FROM HOME.

That's why we wanted to know how our working environment impacts our health!

Ergonomics:

Factors have to be considered to create a comfortable working environment at home and in an office.

Physical, mental health impact and productivity:

Consequences of inadequate working environment.

WORKING IN OFFICE

CRITERIA OF INDOOR ENVIRONMENTAL QUALITY (IEQ)

- indoor air quality (ventilation)
- thermal comfort
- lighting and views of nature
- noise and acoustics
- interior layout
- active design

(World Green Building Council, 2014)

WORKING FROM HOME SURVEY

48 questions

Aim:

- What **factors** impact the well-being of people working at home?
- How do they relate to their **physical health**?
- How do they relate to their **mental health**, stress levels and productivity?

- **825** respondents from over 60 nationalities
- age **16-70** years
- **67%** employees, **28%** students

MAIN FINDINGS

Since Covid-19, working from home generally results in higher stress levels.

But...

Respondents reported **less physical complaints, lower stress levels, higher satisfaction and productivity** when IEQ were adequate in their office space at home. Stress levels decreased by **10.9%** when working in a separate office instead of a shared space such as the kitchen.

Example: How can a standing desk help?

- Physical complaints were **40.2 percentage points** higher without a standing desk
- Using a standing desk lowers stress levels by **30%**, (compared to a second screen that lowers stress by 8.1%)

FUTURE OUTLOOK INCENTIVES

How to incentivize businesses, policy-makers and legislators to guarantee employees good conditions, both in office and at home?



THE HAPPY WORKER HYPOTHESIS

Employees with a better physical and mental health are more productive (Isham et al., 2021)

THAT MEANS...

- it is **profitable** for businesses to invest in good working equipment and a healthy built environment as it implies less sick days and more efficient work
- it lowers cost for **healthcare** in the future
- healthy workers contribute to economic **growth** in society

ADVICES

HOW TO IMPROVE OFFICE SPACES THEN?

- 1 create an environment fulfilling the IEQ
- 2 offer better equipment: a second screen, a proper desk and chair, etc.
- 3 create possibilities of both quiet offices and open spaces

...and a lot more in our report!

REFERENCES

World Green Building Council (2015). *Health, Wellbeing & Productivity in Offices – The next chapter for green building.*

Isham, A. et al. (2021). Worker wellbeing and productivity in advanced economies Reexamining the link. *Ecological Economics.*