

Why Healthy Buildings Matter

DID YOU KNOW?

The average American spends **90% of their time indoors.**¹

Research shows that human health benefits from increased ventilation include improved decision-making and increased productivity. In addition to yielding cognitive benefits, improved ventilation has been shown to reduce absenteeism and improve the overall health of employees.



Employees in healthy, energy-efficient buildings take an average of **three fewer sick days per year, saving more than \$1,200** in productivity.²



It has been proven that when temperature and humidity levels are optimized **employee productivity increases by 5.4%** due to reduced headaches and improved attention spans.⁴



Workers score 61% higher on cognitive tasks when performing in environments with highly effective filtration (MERV 13) and optimal ventilation.³



HVAC System upgrades can remove up to 25% allergens, toxins, and microbes from the air, resulting in **30% fewer headaches and respiratory complaints by employees.**⁴

