Article Side

Three Inexpensive Ways to Fight Effects of Sick Building Syndrome by Blake Mitchell

Article published on March 20th 2012 | Management

In his first and ground-breaking novel â€œGeneration X,â€• Canadian author Douglas Coupland described a phenomenon â€œsick buildingâ€• or â€œdead building syndrome.â€• This syndrome refers to places of employment that have bad ventilation, anti-ergonomic furniture and peeling paint. Copland said that many young people who enter these buildings lose their youth in large increments on a daily basis.

To fight sick building syndrome, companies should exert effort to make offices more conducive to life processes. One inexpensive and highly effective way is to battle stale air in air-conditioned offices. To do this, bring in plants to help in the oxygen-carbon dioxide exchange, paint office walls in light colors, and install relaxing piped-in music.

There are some plant varieties that grow well in offices that have natural lighting systems. Among them are the croton, the sanservieria and the amaryllis. Croton plants have large and brightly-colored leaves. The sanservieria has tall, white spiky leaves tinged with yellow. The amaryllis comes from bulbs. Its stalks bear flowers that come in different colors per variety. The most versatile office plant is the cactus. Cactus make good office plants because they do not require much water and are low-maintenance. The green color of plants is also refreshing to the eyes.

Based on research done by the National Aeronautics and Space Administration (NASA) in the 1980s, plants can effectively absorb toxins and pollutants from the indoor environment. They can help clean the air especially of enclosed modern buildings. Plants replenish air when they give-off oxygen and absorb carbon dioxide. Washington DC meeting rooms have plants that help de-stress office workers, reduce headaches, and increase productivity.

Color therapy is another important factor. According to studies, different colors evoke different emotional reactions. Some colors make a workplace more conducive to creativity, others to high physical energy. There are also colors that calm frazzled nerves and others that fight mental exhaustion. Washington DC meeting rooms are painted with colors that are calming and professional.

The last inexpensive tool to boost creativity at work in Washington DC meeting rooms is music. Music has been proven to enhance mental functions and stimulate thinking when one is performing repetitive tasks. Studies reveal that the ideal music for offices is soft, uplifting music. Those who would rather listen to loud and fast music should be encouraged to wear headsets and use their own music players. For more information regarding means to improve offices, visit happynews.com or lifehacker.com.

Article Source:
http://www.articleside.com/management-articles/three-inexpensive-ways-to-fight-effects-of-sick-building-syndrome.htm - Article Side

Blake Mitchell - About Author:
For more details, search a Washington DC meeting rooms in Google for related information.

Article Keywords:
Washington DC meeting rooms

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!