

# Workplace Cleanliness Key to Employee Wellbeing and Productivity

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Maintaining a clean and hygienic office environment plays a crucial role in employee wellbeing, productivity and long term business performance, according to Jade Collazo, HR Director at commercial cleaning specialist [Cleanology](#).

With more than a decade of experience in HR and health and safety, Collazo says organisations should view workplace hygiene not simply as a routine operational task but as an essential part of supporting staff and maintaining a healthy working environment.

As businesses continue to adapt to modern workplace demands, the condition of the office environment remains a fundamental factor in employee health. Effective cleaning routines help prevent the spread of illness, improve comfort and support overall productivity.

Employers also have a legal duty to provide a safe workplace, which includes maintaining high standards of cleanliness and hygiene. Beyond compliance, Collazo argues that prioritising health and safety also delivers clear business benefits.

“A healthy workforce is more productive, more engaged and more likely to stay with the company long term,” she says.

## Key elements of a healthy office environment

Routine cleaning remains the foundation of workplace hygiene. This includes disinfecting surfaces, cleaning floors and equipment, emptying waste bins and maintaining clean and well stocked restroom

facilities.

Air quality is another important factor. Poor indoor air conditions can lead to fatigue, headaches and respiratory problems, while also affecting concentration and cognitive performance. Proper ventilation and access to outdoor or designated break spaces can help mitigate these issues.

Plants can also play a role in improving the workplace environment. Larger leafed plants can help reduce background noise in busy offices, particularly in open plan spaces where call volumes are high. They can also help regulate humidity levels and reduce airborne dust.

Examples of popular low maintenance office plants include the Snake Plant, which thrives in low light, the ZZ Plant, which tolerates a range of lighting conditions, and the Spider Plant, known for its resilience and air quality benefits.

## Encouraging staff participation

While professional cleaning providers deliver routine and specialist cleaning services, employees also play an important role in maintaining hygiene standards.

Simple habits can significantly reduce the spread of germs and help keep workspaces organised. Staff are encouraged to wash their hands regularly, particularly before eating or after using shared facilities, and to keep their workstations clean and clutter free.

Using disinfectant wipes to clean desks and equipment can further reduce the risk of illness. Employers may also encourage staff to avoid eating at their desks, instead using designated break areas to prevent food debris accumulating in workspaces.

## Risks of poor hygiene

Failing to maintain office cleanliness can have a wide range of consequences. In addition to increasing the likelihood of illness, a poorly maintained workplace can negatively affect morale, engagement and productivity.

Employees who feel uncomfortable in their environment are less likely to perform at their best and may become disengaged from their work. Workplace cleanliness can also influence how organisations are perceived by visitors, clients and potential partners.

“A dirty or unhygienic office can raise questions about a company’s professionalism and standards,” Collazo says.

## Role of professional cleaning services

To maintain consistent hygiene standards, organisations often rely on professional cleaning providers to manage routine tasks and specialist services.

Typical office cleaning programmes include vacuuming, mopping floors, dusting and disinfecting surfaces, cleaning windows and blinds, emptying bins, maintaining restrooms and cleaning kitchen or canteen areas.

Specialist services such as carpet cleaning, kitchen deep cleans or full disinfection treatments may also be required periodically.

As workplaces continue to evolve, Collazo believes maintaining a clean and healthy environment will remain central to supporting employee wellbeing and ensuring organisations operate effectively.