

HYBRID WORKING AND YOUR CARBON FOOTPRINT

in the OFFICE

Research indicates that hybrid working can indeed reduce carbon emissions compared to full-time office work. But it's a complex picture:



- Hybrid workers who work from home two to four days per week can reduce their carbon footprint by **11% to 29%**
- Working from home just one day per week results in a reduction of only **2%**
- In the UK, employees spend an average of **1.5 days** per week working remotely, above the global average of 0.9 days
- In the UK, **68%** of commuters utilise cars for their commute - outside of central London (14%)
- The average daily round trip car commute is 20.9 miles resulting in **5.5kg** of CO2 per day
- The average office in the UK emits about 17kg/CO2 per sq/m (air conditioned/9,000+ sq/m building*) - about **16kg** per person per week

- The average CO2 per **full-time** office worker per week is **43.5kg** - taking into account office usage and car travel
- Homeworkers generate around **2.7kg** of CO2 daily
- A 3-day office and 2-day WFH policy means approx **31.5kg** of CO2 per week, taking into account office usage/car travel
- A landmark report states hybrid working can reduce carbon emissions by up to 70% in the UK and up to 87% in the U.S

Prioritising low-carbon transport alternatives and boosting home energy efficiency is crucial for maximising hybrid work benefits from a carbon emissions perspective

Sources

- <https://www.knightfrank.com/research/article/2023-08-03-does-hybrid-work-lower-carbon-emissions>
- <https://www.pnas.org/doi/10.1073/pnas.2304099120>
- <https://www.sciencedaily.com/releases/2023/09/230918153242.htm>
- <https://work.iwgplc.com/MediaCentre/PressRelease/landmark-report-reveals-hybrid-working-can-reduce-carbon-emissions-by-up-to-70>

Work type	Transport option	Emissions per week (kgCO2)
Full time office working	Car	43.5
3 days in office/2 days remote	Car	31.4
Full time office working	Bus	27.7
3 days in office/2 days remote	Bus	21.9
Full time office working	Train	23.3
3 days in office/2 days remote	Train	19.3
Full time office working	London Underground	20.0
3 days in office/2 days remote	London Underground	17.4

*British Council for Offices guidelines of 10 s/qm of space per employee