

pets @ work

As a leader in the pet specialty category for more than 50 years, Petco believes that healthier pets make happier people – which makes the world a better place. And we believe that translates to the workplace, too.

A growing body of scientific research shows that having a pet – or even just interacting with one – has positive effects on both animals and people. We think carrying those effects into the workplace, where most of us spend the majority of our waking hours, is a no-brainer. And an increasing number of employers agree.

Not only is a pet-friendly workplace seen as a valuable perk for employees, it can offer significant benefits to employers as well. Pets can add to a sense of workplace community, act as conversation starters and provide comic relief. And a pet-friendly policy can boost team morale, reduce stress and serve as a differentiating employee perk.

At Petco, our corporate offices have always been pet-friendly, so we know firsthand the joy and benefits of having pets at work. We also have decades of experience in managing a pet-friendly work environment and would encourage any employer to consider adopting a pet-friendly policy.

For employers that want to allow pets at the office, a few considerations in terms of physical space and a thorough policy can help ensure pets and people can co-exist safely and comfortably at all times. And for pet parents who want to bring their pets to work, following simple office “petiquette” can create a safe, healthy and positive experience for you, your pet and your fellow co-workers.



Benefits of pets @ work

According to numerous studies, bringing pets to the office can:

Improve employee health

The presence of animals – even when simply viewing fish tanks – can reduce heart rate and blood pressure. In fact, just petting an animal lowers blood pressure and cholesterol.

Reduce stress

Research links interactions with animals to positive changes in self-reported anxiety and calmness. Interaction with a friendly companion animal, specifically a dog, also positively affects endocrine responses including changes in cortisol, epinephrine, norepinephrine and serotonin levels.

Increase productivity & promote creativity

Dogs remind us to get up and take breaks throughout day, which have been shown to improve employee morale, productivity and focus.

Enhance socialization among co-workers

Pets can act as catalysts for human social interactions. In fact, a series of workplace experiments showed employees were more likely to trust each other and collaborate more effectively when dogs were present.

Improve productivity

Not having to worry about pets left at home allows employees to focus on and complete work responsibilities without having to rush home to feed or let the dog out. They may also be able to stay and enjoy office lunches, happy hours or other activities they would otherwise have to miss.

For more information on the benefits of pets at work, tips for creating a pet-friendly workplace and guidelines for bringing your pet to work, visit: about.petco.com/pets-at-work

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