



Plants make for happier workforce

LOUISE GOODWIN

NEVER underestimate the beneficial power of plants.

This is the message from the results of a Newspoll survey, which found office workers nationwide would prefer to work in an office that has plants.

In fact, two thirds of office workers would prefer an office with plants, but more than half don't have any greenery in their own work area.

The Nursery and Garden Industry Australia (NGIA) has responded by creating the Plant Life Balance Day which will be held on Wednesday, March 2.

NGIA chief executive Robert Prince said a more harmonious workplace is just a potted plant away.

"More than half the workforce surveyed felt offices with plants have cleaner air and that they feel more positive at work with plants around them," Mr Prince said.

"That's an incredibly powerful message for all employers about the use of plants to improve their office environment, boost morale and increase productivity."

He said hardy and resilient plan varieties, including *Zanzibar Gems* and *Mother-in-Law's Tongue* would suit workplaces with low natural light.



"If you are more accomplished in caring for desktop greenery we can highlight some of the new trendy plants, like *Fiddle-Leaf Figs*," he said.

Moorebank Flower Power is a member of the industry association and will be supporting the cause.

"Our range of indoor plants is probably the biggest in the area and we will be promoting the benefits of buying indoor plants and why they are good for having in your offices and homes," Flower Power marketing manager Jane Hammond (pictured) said.

Prof Margaret Burchett from the UTS Plant Environmental Quality Group said plants were effective in removing pollutants from the air.

"Volatile organic compounds emitted from plastic or synthetic materials in office furniture, fittings, computers and printers can cause headaches, loss of concentration and eye, nose and throat problems," Prof Burchett said.

Find workplace plant information at [facebook.com/plantlifebalance](https://www.facebook.com/plantlifebalance).