



Greenery could cure the office

Cameron Boon

A LOCAL nursery is getting on board with a national movement to show how important it is to have plants in the workplace.

Alice Springs Nursery has joined with National Garden Industry Australia (NGIA) to promote Plant Life Balance Day on March 2.

Professor Margaret Burchett and her colleagues from the Plant Environmental Quality Group at the University of Technology Sydney have measured how effective plants are at removing pollutants from the air and give foliage two green thumbs up.

Ms Burchett said: "Volatile Organic Compounds (VOCs) 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, while carbon dioxide (CO₂) has been linked to drowsiness.

"Our research has proved that office plants can reduce VOCs by 80 per cent and CO₂ by up to 25 per cent, so the health benefits are significant.

"Cleaner air leads to better cardiovascular health and clearer thinking, promoting greater productivity and efficiency. Office plants can cut down staff sick leave by up to 60 per cent."