



Coastal Views

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Plants at work help

AUSTRALIANS are being urged to take plants into their workplace to create harmony and promote better health and productivity.

A Newspoll survey of office workers nationwide showed that more than half didn't have greenery in their own work area.

Nursery and Garden Industry Australia (NGIA) responded to the survey by creating Plant Life Balance Day, planned for next Wednesday, March 2, to highlight the significant benefits of plants in the workplace.

"One in three (workers surveyed) went so far as saying they have more energy at work when plants are around and they're certain plants help them work more productively," CEO of NGIA Robert Prince said.

Professor Margaret Burchett, from the Plant Environmental Quality Group at the University of Technology Sydney, has measured how effective plants are at removing pollutants from the air.

"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," she said.