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Plant power: Even the office can benefit from going green

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, 2/3 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 tomorrow, March 2.

NGIA chief executive Robert Prince

said a more harmonious workplace is just a pot 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 plant varieties, such as Zanzibar gems and mother-in-law's tongue would suit places with low natural light.

"If you are more accomplished in caring for desktop greenery try some of the new trendy plants, like fiddle-leaf figs," he said.

Flower Power is a member of the industry association and will be sup-

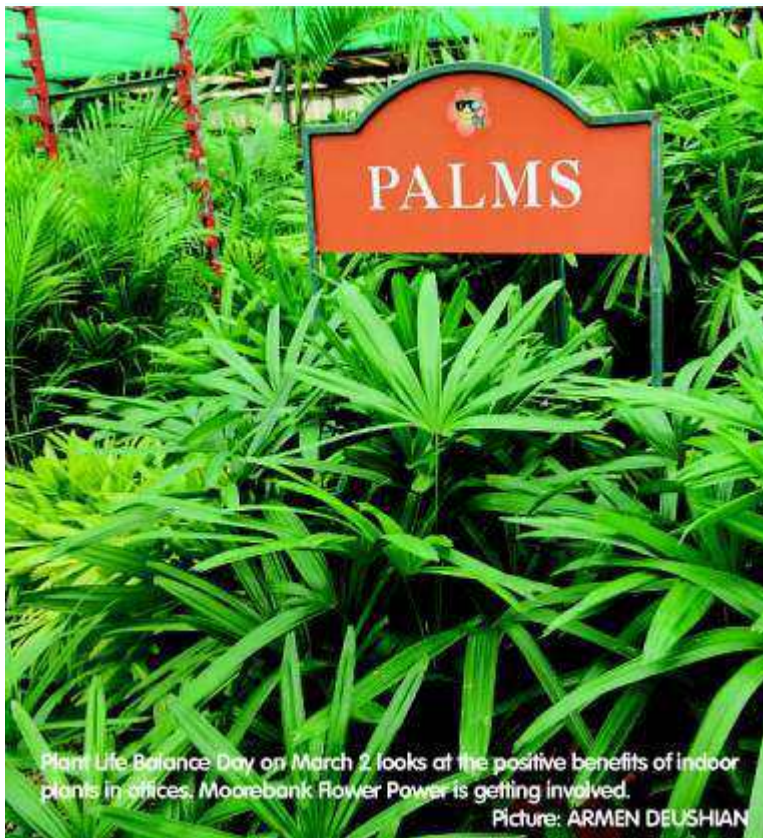
porting the plant/life balance cause

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

Professor Margaret Burchett from the UTS Plant Environmental Quality Group said plants were extremely 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.



Plant Life Balance Day on March 2 looks at the positive benefits of indoor plants in offices. Moorebank Flower Power is getting involved.

Picture: ARMEN DEUSHIAN