

5 Reasons Not to Get Rid of Plants

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eFIG continues to send out press releases and articles to the relevant press to highlight the benefits of plants. This week, a release prompted by possible Government cuts went out to various online contacts. You can read the full release below.

The latest Budget highlights the need to reduce spending to address the national deficit: fair enough. But one suggestion is to remove the budget for interior landscaping in offices: bad idea. Here, interior landscaping trade association eFIG why you shouldn't remove plants from your office. The benefits of plants far outweigh the financial cost of installing and maintaining them, and here's why:

1. Plants Clean the Air

Plants have been scientifically proven to remove harmful toxins and VOCs from the air. These toxins are emitted into our environment, particularly our office spaces, by everyday objects and materials such as computers, printers, clothing and even carpets. By turning these toxins into food for themselves and, in turn, emitting oxygen, plants clean the air we breathe.

2. Plants Make Us Healthier

33 million working days and £16 billion are lost through illness at work each year. One of the effects of the cleaner air produced by plants is that we become healthier. The placement of plants in offices has been proven to decrease levels of absenteeism due to sickness and minor ailments such as coughing, colds, sneezing and headaches.

3. Plants make Us More Productive and Efficient

By removing harmful toxins from the air, plants help us to keep a clear head, thus making us more productive. The calming effects of plants reduce stress in the office too, meaning we can spend more time and energy on work and less on being stressed.

4. Plants Reduce Humidity and Conserve Energy

Plants create their own micro-climate around them as they absorb heat, reducing the amount of air conditioning necessary and thus saving the business money.



5. Just One Plant Can Make a Big Difference

Recent research has proven that just one plant can make a huge difference to the productivity, cleanliness of air, stress levels and environment. Everyone feels more appreciated, happier, healthier and more productive when plants are around.

To find out more about the benefits of plants, or to find an interior landscaper who can meet your indoor planting needs, visit www.plantsatwork.org.uk

