

## Office climate conference.

Date : Wednesday August 14th, 2019



We spend 90 percent of our lives in buildings – of which at least eight hours per day in an office. We know that a comfortable room climate affects our wellbeing, performance and ability to concentrate, and not least our health. The following guidelines are oriented towards the workplace regulations in Austria and Germany. The trend for open space offices doesn't make the climate situation any simpler. However, a decisive criterion is the subjective perception of the employees.

These five "demands" may help:

### **We demand a comfortable room temperature.**

Ideally, the air temperature is at around 21 to 22° C. In the summer months, this can also increase to up to 25° C as the temperature difference between indoors and outdoors should not be too high. Sun protection systems are frequently sufficient to regulate the temperature. But be sure to have these installed outdoors so that undesired heat exposure is prevented. If you are using an air-conditioning system, you should make sure that the temperatures are not too cold and that the filter is changed regularly.

## **We need fresh air.**

Regular ventilation also cranks up the air circulation in the room and dispenses fresh air. The ideal air dynamics occur at 0.1 m/s. Draughts are frequently one of the causes of neck pain and tension. A high proportion of CO<sub>2</sub> and particulate dust are the consequences of poor air circulation. This is why printers and photocopiers should be stored in closed-off rooms.

## **We don't like it too dry.**

Humidity presents ideal conditions at a value of 50 percent. A healthy range involves a fluctuation of between 40 and 70 percent. Heating and the use of IT appliances lead to dry air because they heat up. This irritates the eyes and mucous membranes and increases the risk of catching a cold. Simple air humidifiers can contribute to increased wellbeing.

## **We like to have something green.**

Plants aren't just a part of aesthetic office design. They also make a significant contribution to a healthier working environment. They improve the air quality, increase air humidity, filter dust and break down harmful substances.

## **We demand collegial consideration.**

Different people, various feelings. In every team, group or open-plan office, we are all asked to ensure a comfortable climate. For example, only small snacks are allowed at your desk, no strong-smelling meals. Equally, before ventilating, you should agree this with your colleagues. This doesn't just create a better room climate, but a better working climate too.