

Red-hot news: Helping to cope with high temperatures in the office.

Date : Tuesday June 15th, 2021



Summer, sun, heat... The hot season can sometimes make working life difficult, especially if the office space does not meet all the criteria for an optimal indoor climate. The ideal temperature for sedentary work is 21 to 22° C. Humidity should be in the range of 50 to 70 per cent. On top of this, a regular exchange of air without any unhealthy draughts is essential. Many employees, though, work in offices that do not have these perfect climatic conditions. Research has shown that performance drops when it is particularly hot and stuffy. With a few tips, however, the heat wave in the office can be made more bearable.

The early bird catches the worm.

In the morning, the air is still fresh and cool. It is therefore a good idea to air thoroughly in the early part of the morning. If the temperatures continue to rise towards midday, it helps to shade the room with external blinds. This way, the sun and heat can be blocked out, at least for a while.

Constant dripping will wear away a stone.

Although it is no secret, it is still worth mentioning: the hotter it is, the more you should drink. Refreshing drinks help prevent possible dehydration and cool the body. You should also be careful when it comes to eating: a meal that is too hearty and heavy is counterproductive in the heat. By contrast, light salads or foods that contain a lot of water, such as cucumbers and melons, are beneficial because they provide the body with additional fluids and do not overload the digestive system.

He who sows the wind...

.. can declare war on the heat. A small, quiet table fan often works wonders. Airy clothing also helps to make the temperatures more bearable. Many companies relax their dress code in the summer months.

Activity-based working.

Thanks to digitalisation, people are increasingly working away from the traditional desk. More and more companies are offering their employees [differentiated, changing work environments](#). This too creates opportunities to escape the heat and use cooler areas. There might be shady [outdoor workplaces](#) in the company for example. Alternatively, with the help of so-called [walk and talk meetings](#), briefings can be conducted outside in the fresh air. The lunch break is also a good opportunity to cool down outside.