

# Easy Wins: Temperature Settings



The old adage ‘*You can never please all of the people all of the time*’ becomes abundantly clear when it comes to setting temperatures in the work place. Just going ahead and reducing the temperature settings, is a quick way to lose friends and cause arguments.

You need to start by knowing it will be unlikely that you will be able to please everyone in terms of thermal comfort.

A balanced approach could be argued to be when you have the same number of people saying they are too cold as are saying they are too hot.

## Ask Everyone and Monitor Temperatures

Depending on the area being heated you could ask everyone if they are too hot or cold and adjust the settings for the majority vote and not just for the people who are loudest.

You also need to monitor the actual temperatures and if there are too many people onsite to ask, then have a target range. Positioning inexpensive thermometers around the building will enable people to see the actual temperature.

Figure 1 gives a guide to temperatures in various working environments.

Bear in mind that there may also be regulatory minimum temperature requirements - usually 16 degrees for sedentary work and 13 degrees for manual work.

As a rough rule of thumb reducing the temperature by 1 degree will cut heating costs by 8 to 10 percent.

Sector	Building/room type	Temperature (°C)
Offices/service companies	Computer rooms	19-21
	Banks, building societies; post offices	19-21
	Offices	21-23
Hospitality	Restaurants/dining rooms	22-24
	Bars	20-22
	Hotels	19-21
Schools/further and higher education	Educational buildings	19-21
Industrial/factories	Heavy work	11-14
	Light work	16-19
	Sedentary work	19-21
Hospitals and healthcare	Bedheads/wards	22-24
	Circulation spaces/wards	19-24
	Consulting/treatment rooms	22-24
	Nurses' stations	19-22
	Operating theatres	17-19
Public buildings	General building areas	19-21
	Law courts	19-21
	Libraries	19-21
	Exhibition halls	19-21
	Laundries	16-19
	Churches	19-21
	Museums and art galleries	19-21
	Prisons	19-21
	Retail	Retail buildings
Sports and leisure	Changing rooms	20-25
	Sports halls	15
	Pool halls	28-30*

Figure 1: The table above is taken from Carbon Trust Technology Guide for Heating Control. It is adapted from the CIBSE Environmental Design Guide A 2006

**If you are interested in energy efficiency improvement measures then take a look at the installer or supplier section of the Link to Energy website:**

[www.linktoenergy.org.uk](http://www.linktoenergy.org.uk)