



## How air conditioning can improve productivity in your workplace

Modern office buildings are extremely efficient at maintaining the temperature and the environment to allow for an effective working environment. Most people in the Western world spend almost 90% of their time indoors either at their workplace or at home and if the air quality is poor and polluted, there is not only a significant risk of illness, but this can also lead to a drop in productivity levels at work.

Numerous studies have shown that air temperature is one of the key variables that need to be managed and that a lack of proper temperature control can lead to health and productivity issues. Studies have also shown that different levels of **air conditioning** should be in place in the workplace depending upon the roles being performed by employees in those areas.

While having the right temperature in place is important, it is just as important that the **air conditioning system** not be noisy and loud as this could also make an impact on the productivity within the workplace.

### Before you purchase

Prior to purchasing or upgrading an **air conditioning system**, ensure that you have the correct ventilation in all areas of the office to take advantage of the air conditioning system and that you are aware of its operational effectiveness, energy efficiency, noise and ease of installation.



Air conditioning systems also provide another significant benefit - they circulate the air around and clean it through their own internal filters. This cleaned and unpolluted air is redistributed around the office environment reducing the risk of disease due to unfiltered pollutants.

Air conditioning systems also improve productivity through their ability to deal with moisture and humidity. Too much moisture in any environment can lead to mould, mildew and the growth of other biological contaminants. Conversely, if there is not enough moisture in the environment, the dry air does not get refreshed and can irritate mucous membranes, causing dry eyes and other sinus related issues.

## Getting it right

Getting the air conditioning "just right" in any work environment is absolutely essential as you want your team to be able to work undistracted and without having to worry about external non-work related factors such as temperature and climatic conditions. Extremes on either side of the temperature scale can impact productivity and health in a negative way. The humidity levels are also important so it really is a balancing act between a multitude of different factors.

However, when you get the right system that does not make too much noise and is able to maintain the temperature and the environment at just the right level for your team the productivity improvements will be evident.

For more information on how kool-it can help you with your workplace **air conditioning needs**, please call us on **0161 877 4030** or email [sales@koolit.co.uk](mailto:sales@koolit.co.uk).