

The RugBuddy Homeworker's Thermal Comfort Checklist

Factor	Description	Yes? Possible Reasons	Solution
Air temperature	Does the air feel too warm or hot?	Existing heating set too high.	<p>Turn down or turn off the heating.</p> <p>Do <u>not</u> use heaters that heat the air (e.g. wall-mounted radiators, convectors, fan heaters).</p> <p>Use radiant heaters that warm your body, not the air (e.g. Under-rug heating, under-floor heating, wall/ceiling mounted radiant panels.)</p>
		Ambient outside temperature is high.	<p>Open windows specifically to promote airflow from the cooler side of your home, if possible.</p> <p>Close blinds/ curtains where sun streams in.</p>
	Does the temperature where you work fluctuate during a normal working day?	<p>Timer and thermostat settings. If you rely on your home's central heating to heat your workspace during the day, the heating will also be on in rooms you are not using.</p> <p>This is wasteful and expensive so you may set the timer for the heating to be off during the day.</p> <p>But this may make your workspace too cold to be comfortable.</p>	<p>Get easily controllable dedicated workspace heating.</p> <p>Low energy radiant heater panels on the wall or floor heating (under-rug or under-floor) are best as the radiant warmth is widespread and not narrowly focused.</p> <p>Avoid air heating (radiators, convectors, fan heaters) that might cause a stuffy environment, convection draughts, and condensation problems.</p>
		<p>Inadequate insulation. If you get cold when the temperature drops outside this is a sure sign your room is leaking heat.</p> <p>This is wasteful and needlessly increases heating bills.</p>	<p>Get expert help to assess what can be done.</p> <p>Double glazing, wall insulation, floor and ceiling insulation can make a huge difference.</p> <p>Move your desk away from cold surfaces such as windows and outside walls.</p>

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Radiant temperature	Is there a heat source in the environment?	For example, laptops can push out 50 watts of heat when being worked hard.	<i>Don't sit with the laptop on your lap!</i> <i>Make sure there are air gaps all around the machine.</i>
	Is where you work affected by external weather conditions?	Strong sunlight is a very powerful radiant heater and can make working by a window uncomfortable.	<i>Block direct sunlight with window blinds.</i>
Humidity	Do you feel the air is too dry?	Air heaters – radiators, convectors, fan heaters – are likely culprits.	<i>Switch to more healthy radiant heating.</i>
	Do you feel the air is too humid?	A lot of domestic activities , such as bathing, cooking, clothes washing and drying, create moisture that can be carried around the house by warm air.	<i>Ventilation is crucial to reduce humidity.</i> <i>Be aware that trapped humidity may lead to condensation which, in turn, may promote mould which can be bad for health.</i> <i>Radiant heating that does not directly heat the air, but warms surfaces, is a good way to avoid condensation.</i>
Air movement	Can you feel a draught even when doors and windows are firmly shut?	Air heaters – radiators, convectors, fan heaters - cause convection currents which are felt as draughts, especially at floor level.	<i>Do <u>not</u> use heaters that heat the air (e.g. wall-mounted radiators, convectors, fan heaters).</i> <i>Radiant heating does not cause convection currents.</i>
Metabolic rate	Do you spend most of the working day sitting in a cool or cold environment?		<i>You need economical zone heating, independent of the home central heating.</i> <i>This saves on bills and gives you control where you spend your time.</i>
PPE	Can employees make individual alterations to their clothing in response to the thermal environment?		<i>Remember, only your top is on show for those Zoom meetings.</i> <i>Comfort is everything!</i>
What do <u>you</u> think?	Do you think you have a thermal comfort problem?		<i>Call 0333 121 0160 for no-obligation advice.</i>