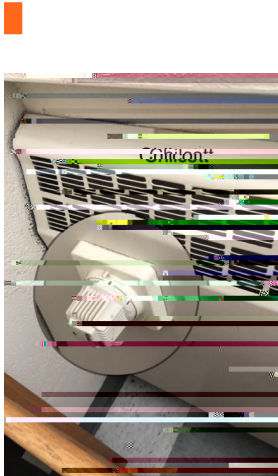


5. Temperature

Temperature is a key factor in determining the comfort of a building. It is a measure of the average kinetic energy of the particles in a substance. The temperature of a building is determined by the balance of heat gains and losses. Heat gains can come from solar radiation, internal heat sources, and heat transfer from adjacent spaces. Heat losses can occur through conduction, convection, and radiation. The temperature of a building is typically measured in degrees Celsius (°C) or degrees Fahrenheit (°F).



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Temperature Tips

Need to cool down?

- Use ceiling fans to circulate air and reduce the need for air conditioning.
- Close blinds or curtains during the day to block out solar radiation.
- Use energy-efficient light bulbs to reduce heat gain from lighting.
- Seal air leaks around windows and doors to prevent conditioned air from escaping.
- Use programmable thermostats to set the temperature back during unoccupied hours.
- Consider using evaporative coolers or misters for additional cooling.

Feeling chilly?

- Use space heaters to provide localized warmth.
- Close blinds or curtains at night to retain heat.
- Use heavy curtains or thermal blankets to insulate windows.
- Seal air leaks around windows and doors to prevent heat from escaping.
- Use programmable thermostats to set the temperature up during unoccupied hours.
- Consider using radiant floor heating for a more even distribution of heat.

■ **Something broke! What do I do now?**

1. Stop

2. Assess

3. Notify

4. Document

5. Investigate

6. Resolve

7. Review