

Effects of Relative Humidity on Body Functions

Introduction:

The humidity of the atmosphere affects human comfort at home or at the workplace. When both temperature and humidity are high the rate of evaporation of sweat from the skin will slow down. This prevents the body from properly regulating its temperature. This may make us feel uncomfortable. As a result of this discomfort, the heat:

1. Makes us feel hot and sticky and tire easily
2. Affects us psychologically
3. Causes a decrease in our productivity

Reducing humidity in an enclosed space will make the air more suitable. This can be done by reducing the temperature. An increase in comfort will increase productivity.