

24 degrees C just nice

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KOTA KINABALU: The decision to require all government offices to set their air-conditioning temperature no lower than 24 degrees Celsius is a positive step not just in terms of energy saving but also effect on worker productivity.

Zaiton Mohamad, a psychology officer with the Psychological Counseling and Career Guidance Department of Universiti Malaysia Sabah (UMS), said the government would not have decided on the new ruling before they made any research.

"According to a study, office workers in a warm environment are more productive than they are in colder spaces," she said.

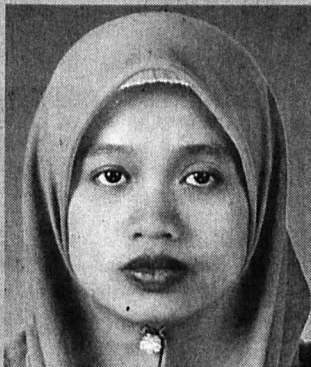
"The minimum temperature of 24 degrees Celsius is just nice as any working space with lower

temperature than that will cause a drop in workers' productivity," she said.

Zaiton was commenting on the recent statement by Energy, Green Technology and Water Minister Datuk Seri Peter Chin Fah Kui, who said a circular would be issued soon instructing all government offices not to turn air-conditioning lower than 24 degrees Celsius.

However, Zaiton said, too high temperature in the workplace, especially indoor office, will be uncomfortable for workers, who would easily get drowsy.

She said too hot or too cold temperature is not conducive to productivity, and she agreed that 24 degrees Celsius is ideal for offices in Malaysia.



Zaiton