

Day 5	Date					
	Temperature			Humidity		
	Actual	Max	Min	Actual	Max	Min
Start of Day						
Break						
Lunch						
End of Day						

I have recorded the temperature/humidity over the 5 days listed above and believe at my working environment falls below the minimum regulatory standards.

{In the first instance if your room fails to meet them you are entitled to ask for an alternative room that meets the minimum standards. (Teachers in specialist rooms where no alternative specialist room exist should not feel that they cannot move to a non-specialist room)}.

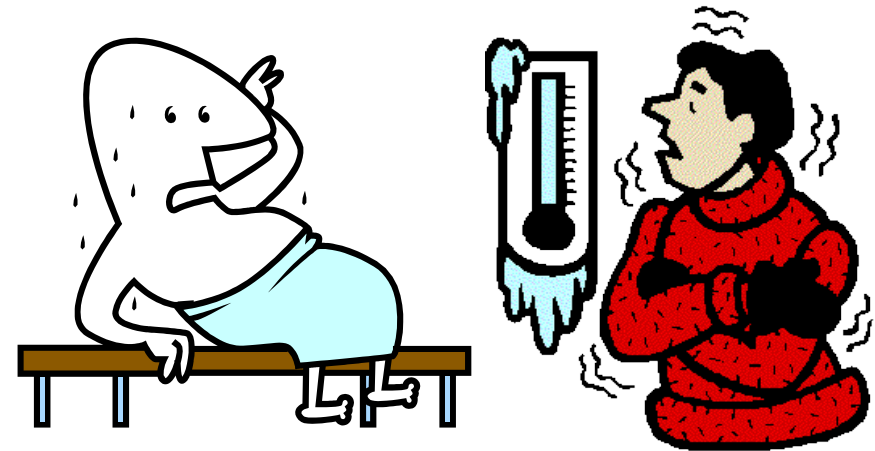
**What to do next:**

1. Take this completed form and the meter back to your SSTA Health & Safety Rep (or School Rep if there is not H & S rep)
2. Ask them to complete a Safety Representative Report Form (Blue Form A)
3. The H & S Rep (or rep) will then send it to the member of the SMT with responsibility for health and safety

Any member who would like to discuss any issue regarding health and safety in their school is encouraged to contact General Secretary at [info@ssta.org.uk](mailto:info@ssta.org.uk) or by phone on 0131 313 7300.



# Recording Temperature and Humidity



Member of Staff .....

Room .....

## Quick guide to reasonable temperature/humidity in schools:

The statutory environmental requirements for Scottish schools are contained in The School Premises (General Requirements and Standards) (Scotland) Regulations 1967 and the 1973 and 1979 amendments to those regulations.

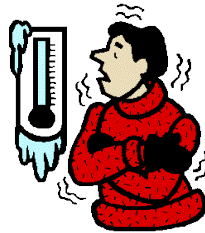
### Minimum temperatures

**17°C** - teaching spaces or classrooms

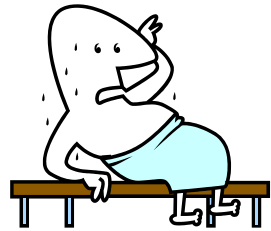
**18.5°C** - medical, changing, shower rooms & WCs

**13°C** - cloakrooms, corridors and gymnasiums

**10°C** - games hall.



### Maximum temperatures



Maximum summer temperature is **28°C**

The average external to internal temperature difference should not exceed 5°C during occupied hours e.g. if external temperature is **20°C** then the internal temperature should not exceed **25°C**

However the World Health Organisation has recommended an upper limit of 25°C

### Humidity

Relative humidity is the ratio between the actual amount of water vapour in the air and the maximum amount of water vapour that the air can hold at that air temperature.

Relative humidity between **40% and 70%** does not have a major impact on thermal comfort. In some offices, humidity is usually kept between **40-70%** because of computers.

However, in workplaces which are not air conditioned, or where the climatic conditions outdoors may influence the indoor thermal environment, relative humidity may be higher than 70% on warm or hot humid days. Humidity in indoor environments can vary greatly.

## Temperature/Humidity Record Sheet

Name ..... Room .....

Day 1	Date					
	Temperature			Humidity		
	Actual	Max	Min	Actual	Max	Min
Start of Day						
Break						
Lunch						
End of Day						

Day 2	Date					
	Temperature			Humidity		
	Actual	Max	Min	Actual	Max	Min
Start of Day						
Break						
Lunch						
End of Day						

Day 3	Date					
	Temperature			Humidity		
	Actual	Max	Min	Actual	Max	Min
Start of Day						
Break						
Lunch						
End of Day						

Day 4	Date					
	Temperature			Humidity		
	Actual	Max	Min	Actual	Max	Min
Start of Day						
Break						
Lunch						
End of Day						