

Dear Office Management,

I'm sending this in regards to the air conditioning levels in this building. On a daily basis I find it very cold and uncomfortable in our office, which can make it hard to focus on my work. Studies show that it is actually easier for workers to cool themselves down than it is for them to warm up*, and they suggest erring on the side of warmer office temperatures instead of colder. Interestingly enough, studies also show that the cooler office temperatures are from a standard model developed in the 1960s based on the metabolic rate of 40-year old, 154 pound men!** That's right, offices are cooler to accommodate the men inside them.

But let's face it, many things have changed since the 60s, including the number of women employed in professional offices like this one. I know I speak for many of my female colleagues (and some of my male colleagues too) when I say that I am tired of feeling unnecessarily cold every day when I'm at work. Especially since this summer has been one of the hottest ones on record.

So please, we beg you, please consider lowering the air conditioning levels and raising the temperature a few degrees in this office. It is one of the very small things you can do to help combat office gender discrimination and #changetheworkclimate so it's more comfortable and enjoyable for everyone. Thank you so much for considering this request.

Sincerely,

Johne, Marjo. "Too Hot? Too Cold? Temperature Wars Flare at Work." Globe and Mail. 23 Aug. 2012. Web.

**Belluck, Pam. "Chilly at Work? Office Formula Was Devised for Men." The New York Times. 3 Aug. 2015. Web.