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| ASHRAE Technical FAQ |
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| ID  | 12 |
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| Question  | What is the recommended humidity level for occupied spaces? |
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| Answer  | [ASHRAE Standard 62.1-2022](https://www.techstreet.com/ashrae/standards/ashrae-62-1-2022?product_id=2501063), "Ventilation for Acceptable Indoor Air Quality", plus [ASHRAE BOD approved addenda](http://www.ashrae.org/standards-research--technology/standards-addenda).requires that relative humidity levels be designed to be limited to 65% or less for mechanical systems with dehumidification capability. For other mechanical system types or where spaces are not served by mechanical systems, Standard 62.1 has no humidity limitations.[ASHRAE Standard 55-2020](https://www.techstreet.com/ashrae/standards/ashrae-55-2020?product_id=2207271), “Thermal Environmental Conditions for Human Occupancy”, plus [ASHRAE BOD approved addenda](http://www.ashrae.org/standards-research--technology/standards-addenda).relates reported human comfort to temperature and humidity levels, and establishes a range of temperatures and humidity levels that are considered comfortable by 80% or more of the test subjects. The Standard requires that systems designed to control humidity must be able to maintain a dew-point temperature of 16.8°C (62.2°F). There are no established lower humidity limits for thermal comfort; consequently, Standard 55 does not specify a minimum humidity level. However, non-thermal comfort factors, such as skin drying, irritation of mucus membranes, dryness of the eyes, and static electricity generation, may place limits on the acceptability of very low humidity environments.The [2023 ASHRAE Handbook – HVAC Applications](https://www.techstreet.com/ashrae/standards/2023-ashrae-handbook-hvac-applications-i-p?product_id=2225673) recommends specific design relative humidities for specific applications. The handbook and standards may be purchased and/or individual chapters of the handbook may be purchased and downloaded on-line at our website, [www.ashrae.org/](http://www.ashrae.org/) or by calling 1-800-527-4723 in the USA and Canada or 1-404-636-8400 worldwide.[ACGIH](http://www.acgih.org)- American Conference of Governmental Industrial Hygienists, ([www.acgih.org](http://www.acgih.org))[AIHA](http://www.aiha.org) - American Industrial Hygiene Association, ([www.aiha.org](http://www.aiha.org)) |
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| ASHRAE Pubs  | [ASHRAE Standard 62.1-2022](https://www.techstreet.com/ashrae/standards/ashrae-62-1-2022?product_id=2501063), plus [ASHRAE BOD approved addenda](http://www.ashrae.org/standards-research--technology/standards-addenda).[ASHRAE Standard 55-2020](https://www.techstreet.com/ashrae/standards/ashrae-55-2020?product_id=2207271) plus [ASHRAE BOD approved addenda](http://www.ashrae.org/standards-research--technology/standards-addenda).[2023 ASHRAE Handbook – HVAC Applications](https://www.techstreet.com/ashrae/standards/2023-ashrae-handbook-hvac-applications-i-p?product_id=2225673)   |
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| Topic References  | humidity, comfort, microbe, mold, mildew, moisture, dry, humid, mucous membrane |
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|  | Cognizant ASHRAE Committees | Refer to Organization |
| 1 | [TC 4.3](http://tc0403.ashraetcs.org/) | [ACGIH](http://www.acgih.org) |
| 2 | [TC 2.1](http://tc0201.ashraetcs.org/) | [AIHA](http://www.aiha.org)  |
| 3 | SSPC 62.1 |  |
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