

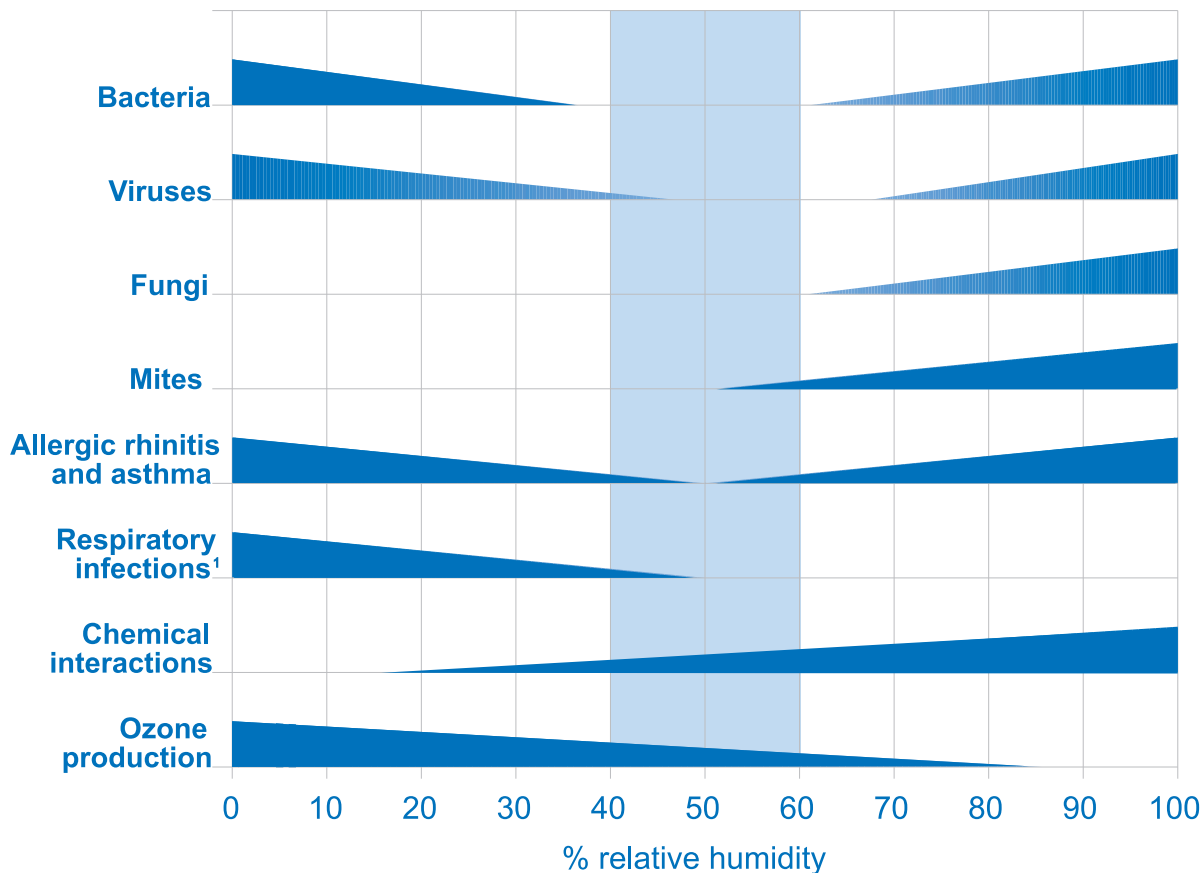
# Why humidify?...

## The Sterling Chart



Optimum Relative Humidity for Health

**40TO60RH.COM**  
THE HEALTHY HUMIDITY



<sup>1</sup>Insufficient data about 50% RH.

E.M. Sterling, Criteria for Human Exposure to Humidity in Occupied Buildings, 1985 ASHRAE.

### The Sterling Chart - Relative Humidity Chart

#### ***Optimum Relative Humidity for Health***

The Sterling Chart illustrates how RH affects health and well being.

Colds, flu, sore throat, dry eyes, itchy and cracked skin are all symptoms that are usually prevalent in the cold dry months of the winter when the indoor RH is at its lowest.

The increase in bacteria, viruses and ozone production (caused by static electricity) in low RH levels all have an adverse affect on health.

Benefits of indoor air humidity between 40 to 60% RH:

- Reduces influenza and airborne infections
- Minimizes absenteeism
- Maximizes energy savings
- Improves mental focus
- Increases employee comfort