

CFA Trending Topics

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Don't sweat it: keeping cool offers productivity benefits

Key takeaways:

- Studies show that hotter temperatures have a meaningful impact on workforce productivity, impacting cognitive skills and abilities.
- The International Labor Organization estimates that by 2030, extreme heat could lead to a loss in labor productivity of \$2 trillion.

A Harvard research study found that exposure to higher temperatures can have a meaningful impact on cognitive performance. The study compared residents in air conditioned (A/C) and non-A/C buildings, and determined that residents with A/C exhibited characteristics suggesting greater attention to detail, higher cognitive speed, and a better memory. These findings also indicated that a lack of A/C was associated with performance declines of ~4-13%, depending on the test. Just another good reason to stay cool this summer!

Source: [Reduced cognitive function during a heat wave among residents of non-air-conditioned buildings: An observational study of young adults in the summer of 2016](#)

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