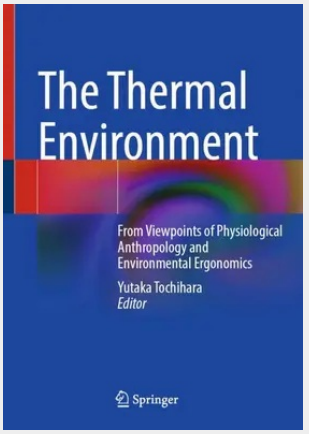
Tochihara

The Thermal Environment

From Viewpoints of Physiological Anthropology and Environmental Ergonomics



This book provides fundamental knowledge, international standards, evaluation methodology, and current research findings in human and thermal environments from physiological anthropology and environmental ergonomics perspectives. This book discusses the physical aspects of clothing in relation to the thermal environment, thermoregulation, thermal sensation, and thermal perception, as well as physiological reactions and performance in hot and cold environments. These issues involve research into the physiological and psychological impacts of thermal conditions on the human body at work and everyday life. Protective clothing, artificial severe cold environments, air-conditioning environment, bathing environments, sleeping environments, and other topics are among those addressed.

By clarifying the acclimation and de-acclimation of human adaptation to heat and cold, this book provides critical insights for dealing with global warming. The physiological burden and changes in work performance produced by these unique thermal environments, as well as the evaluation techniques and solutions, are also addressed as critical issues.

will be appreciated by researchers and practitioners in physiology, anthropology, ergonomics, clothing science, environmental science, architectural engineering, and nursing, among many others. Undergraduate and graduate students majoring in these subjects will appreciate the variety of topics covered and the vast number of figures and tables utilized to better visualize and explain the contents and encourage higher comprehension.

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