

# THE WELL BUILDING STANDARD OCCUPANT GUIDE

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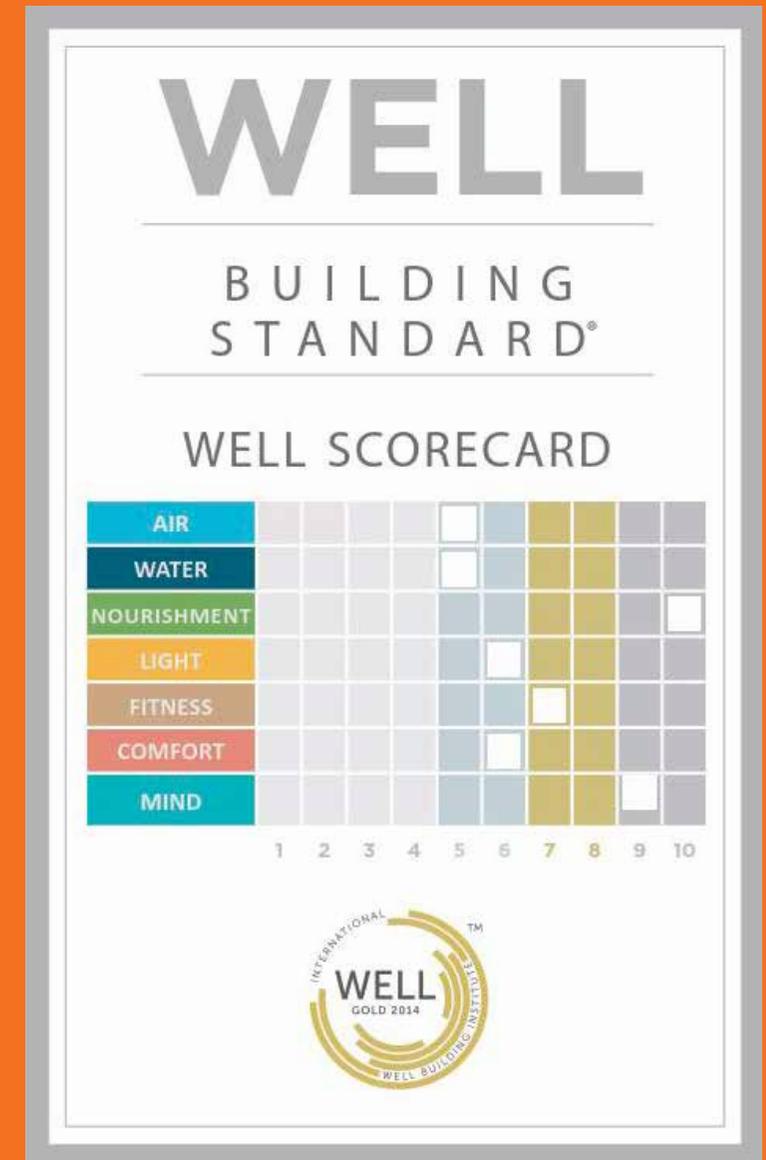
# WELL BUILDING STANDARD



The WELL Building Standard marries best practices in design and construction with evidence-based health and wellness interventions. It harnesses the built environment as a vehicle to support human health, well-being and comfort.

WELL Certified™ spaces and developments can lead to a built environment that helps to improve the nutrition, fitness, mood, sleep, comfort and performance of its occupants.

The seven Concepts are comprised of 100 features. Every feature is intended to address specific aspects of occupant health, comfort or knowledge.



# INTERNATIONAL TOWERS



International Towers Sydney is targeting a Platinum WELL Building Standard Core & Shell Rating across all three commercial office towers.

This guide outlines the health and wellbeing features integrated into the project in order to achieve a Platinum level of wellbeing for the building occupants.



# AIR



The WELL Building Standard for Air promotes clean air through reducing or minimizing the sources of indoor air pollution, requiring optimal indoor air quality to support the health well-being of building occupants.

Key Initiatives Implemented for this category include:

## **Air Quality Standards**

- Air quality tests for VOCs, Particulates, Inorganic gases
- Removal of outdoor air contaminants through a high level of air filtration

## **Increased Ventilation**

- Supply of outdoor air exceeds recommended standard

## **Moisture Management**

- Limiting the potential for bacteria and mould growth

## **Fundamental Material Safety**

- Eliminating occupant exposure to lead, asbestos, and PCBs from building materials

## **Humidity control**

- Limit the growth of pathogens, offgassing, and maintain thermal comfort



# WATER



The WELL Building Standard for Water promotes safe and clean water through the implementation of proper filtration techniques and regular testing in order for building occupants to receive optimal quality of water for various uses.

Key Initiatives Implemented for this category include:

## **Water Quality**

- Testing for: sediment, microorganisms, disinfectants, chlorine & fluoride levels, agricultural contaminants, organic contaminants & inorganic contaminants

## **Drinking Water Promotion**

- Testing for water taste properties



# NOURISHMENT



The WELL Building Standard for Nourishment requires the availability of fresh, wholesome foods, limits unhealthy ingredients and encourages better eating habits and food culture.

Key Initiatives Implemented for this category include:

## **Processed Foods**

- Refined sugar restriction for all food offerings provided directly by the base building
- Trans fat ban in all food offerings

## **Food Allergies**

- All food offerings labelled to indicate common allergens

## **Artificial Ingredients**

- All food offerings labelled to indicate artificial ingredients

## **Nutritional Information**

- Total calories, macronutrient content, and total sugar content information available for all food offerings



# LIGHT



The WELL Building Standard® for Light provides illumination guidelines that are aimed to minimize disruption to the body's circadian system, enhance productivity, support good sleep quality and provide appropriate visual acuity where needed.

Key Initiatives Implemented for this feature include:

## **Visual Lighting Design**

- Supporting visual acuity by setting a threshold for adequate light levels and requiring luminance to be balanced

## **Electric Light Glare Control**

- Lighting and surfaces designed to reduce eyesight fatigue

## **Solar Glare Control**

- Reduced glare through intelligent façade design
- Use of internal blinds

## **Automated shading and dimming control**

- Automated internal blinds
- Daylight dimming controls to all perimeter floorplate lighting



# FITNESS



The WELL Building Standard for Fitness promotes the integration of physical activity into everyday life by providing the opportunities and support for an active lifestyle and discouraging sedentary behaviors

Key Initiatives Implemented for this feature include:

## **Exterior Active Design**

- Integration of active design elements into the exterior of the project

## **Physical Activity Spaces**

- Gym located within the precinct
- Proximity to Headland Park promotes outdoor physical activity

## **Active Transportation Support**

- Provision of End of Trip facilities to support active commuting



# COMFORT



The WELL Building Standard for Comfort establishes requirements designed to create distraction-free, productive and comfortable indoor environments.

Key Initiatives Implemented for this feature include:

## **ADA Accessible Design Standards**

- Design to accessible design standards

## **Acoustic Comfort**

- Reducing disruptions by limiting exterior noise intrusion
- Reducing disruptions and enhancing speech privacy by controlling internal noise

## **Thermal Comfort**

- Chilled beams & humidity control
- Thermal modelling to inform design & improve comfortable working conditions



# MIND



The WELL Building Standard for Mind requires design, technology and treatment strategies designed to provide a physical environment that optimizes cognitive and emotional health.

Key Initiatives Implemented for this feature include:

## **Health and Wellness Awareness**

- Digital Health and Wellness resource library
- WELL Building Standard Guide for building occupants

## **Integrative Design**

- Fostering a collaborative design development process to enhance sustainability and wellbeing goals

## **Beauty and Design**

- Provision of unique and culturally rich environments

## **Biophilia**

- Nurturing the innate human-nature relationship within the project



Further Information:

WELL Building Standard

[www.wellcertified.com](http://www.wellcertified.com)

# THANK YOU