WORKPLACE WELLBEING
TEAM NUMBER 02

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Balancing working from home and in the office can lead to a healthier and happier lifestyle.

Are you ready for the shift back into the office where you will likely have a staggered staffing schedule?

Living healthier and happier while ensuring safety and wellness is at the forefront of your mind when re-entering the workplace.

Your wellness journey will begin with...addressing the inside and the outside. You have been working on your new behavioral habits and are ready to get back to the office.
Wellness Design Trends

**ARTWORK**
78% of employees say that artwork helps reduce stress. – Forbes

**BIOPHILIA & HIGH AIR QUALITY**
61-101% improvement in cognitive function. – Harvard

**THERMAL COMFORT**
10% reduction in performance when too hot or cold. – REHVA

**CIRCADIAN LIGHTING**
Blue light during day boosts alertness/mood, while at night it suppresses melatonin and disrupts sleep cycle. – Harvard

**BIKE STORAGE**
Employers can reduce time lost due to illness by making it easier for employees to commute by bike. – Forbes

**COLLABORATIVE & QUIET ZONES**
On average, employees are interrupted every 3 minutes and can take ~23 minutes to return to task. – UCI ICS

**ACTIVE FURNITURE**
Employees with adjustable desks were 46% more productive. – Gregory Garrett, et al

**ACCESS TO WATER**
Dehydration by just 2% impairs performance. – Ana Adams, PhD

**CAFÉ WITH HEALTHY FOOD**
Employees who consume an unhealthy diet are 66% more likely to experience loss in productivity. – Ray M. Merrill, PhD
Getting to work will have new ways of ensuring you get to work with healthy choices along the way.

- Designer masks and antimicrobial touch screen gloves are the newest fad and you are looking fabulous.
- You have your sanitized coffee mug with your home cooked meal and personal utensils ready for your outdoor lunch break.
- You are cycling and walking into work and employers will have facilities for showering.
- When taking Public transit, you are conscious of using hand sanitizer and have your change of clothes for once in the office.
  - The occupancy is limited for each train car to allow for proper social distancing. Robotic cleaners will be making scheduled disinfecting rounds throughout the day.
- Driving into work is also an option. Since you are only driving in a few days a week it’s less harmful on the environment, especially in an electric car!
As you walk up to the building you take out your personal device...

- The elevator App prompts you to schedule elevator time or que-ing line.
- After entering the building through an automatic door, wipes, hand sanitizers, masks, sticky mat for shoe cleaning are available for your use.
- The temperature sensor is just an added precaution for your wellbeing. Landlords adaptation of these measures make you feel comfortable and at ease about being in the workplace.
- You use your antimicrobial retractable keychain to open doors and press elevator buttons so walking through the building is a breeze.
- There is limiting density in buildings and knowing you have access to cleaning and protective supplies keeps your mind at peace.
- The added infrared heat sensors maps show higher density areas, providing a polite heads up to physically distance in certain zones and alerts the cleaning crew.
- Landlords know that ensuring a safe work environment means an investment in air filtration, robotic cleaning, increased outside air, as well as biophilia.
- Virtual wellness hubs are available providing access to yoga and doctors throughout the day when you need them.
- There are fascinating holographic images and unique inspiring floor graphics that take you through a wellness path to your space keeping you informed along your path.
Entering your office you start with a quick shower and a change of clothes after your journey in...

- Your workplace is now a wellness hub and based on evidence-based planning.
- Benching and hoteling stations are now doubled up and reconfigured to eliminate face to face seating and all desks have assigned seating.
- Your furniture has been equipped with clear dividers so you can still interact your colleagues while creating a safe work area.
- Touchless sink and appliances are now “wave to use” with sanitation wipes near by.
- Your employer has given you your own mug which you are responsible for cleaning.
- Elevator and door pull key chains are used for when automatic doors / elevators aren’t available.
- Audio commands throughout your workplace remind you of hand washing and other helpful behavioral.
- Focus rooms are now set up for you to use with self cleaning systems when you leave.
- At night when you leave your desk lamps come on and are safe for UVC cleaning.
- The wellness room is filled with plants along with extra air filtration systems.
- Cyclical cleaning schedule is more frequent throughout the day with a Day Porter to clean surfaces and restrooms throughout the day and self cleaning restrooms at night.
AMENITY AREAS

Time for a coffee break...

- The area has social distancing parameters lined on the floor with disinfectant ready to clean the area after use.
- When areas are densely populated, the heat sensor triggers a voice recognition reminder to maintain safe physical distancing.
- It’s great, there are hand washing sinks throughout the space and the office has never been cleaner.
- It’s either BYO coffee or sustainable single-use option, the same for lunchware and utensils.
- Break areas provide the various levels of recycling and are consistently cleaned after individual use.
- The sinks and faucets are touchless.
- You use your key/door pull for appliances with handles and you love your new touchless appliances.
- When you need to open a door, there are Step and Pulls on doors and washrooms have been retrofitted for automated main entries.
- Robots empty the recycling, waste, organics in the communal areas.
Excited to finally collaborate face-to-face with your colleagues you head to one of the open collaboration areas...

- We come to the office to innovate and collaborate; our collaboration is physically distanced and meeting rooms are 50% less occupied.
- Sensitive conversations are always virtual online meetings.
- We have more meetings in open collaboration spaces so that you can have distance from your colleagues.
- Holographic meetings and virtual meetings are great to use for those colleagues working at home.
- In the evenings or when needed we turn on the portable filtration or disinfection units in these rooms.
- Outdoor workspaces are available from the landlords so we can maximize our fresh air and get outside.
● After completing your work, you wipe down your station with the disinfectant provided.

● You set your UV lamp timer to activate once the office is empty and see the cleaning crews making their final wipe down of the office.

● Adhering to social distancing you use your elevator App to ensure a lightly populated elevator ride out of the office.

● You feel accomplished with your workday and at peace knowing the building systems / protocols created a safe and productive first day back.

● Back on the bike, you get some fresh air and exercise on your ride home…

“We will all embark on a new journey in the coming months, one that will challenge our mind and navigation skills in our new environments. “Wellness Resilience” will mean we will consider our inside and outside environments and need to be patient and kind with our new world and ourselves.”