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INTRODUCTION

- Founded 1966
- 220 staff, 175 engineers
- Offices in Edinburgh, London, Cambridge, Manchester and Bristol
Our approach
Whole building design

We engineer air, light, sound and energy

Building Services & Low Energy Design
Building Acoustics
Envelope Performance
Sustainability
Building Physics
Renewable Energy
OUR POSITION
BUILDING SECTORS

CULTURE & ARTS
SPORTS
OFFICES
HISTORIC BUILDINGS
EDUCATION
RESIDENTIAL
Launched in 2014
Developed by Delos – a private organisation
1000 Projects registered
130 Certified (13%)

Launched in 2017
Developed by US Government
600+ Projects registered
95+ Certified or ‘pending certification’ (16%)

Launched in 1990
Developed by the BRE – Global (Based on UK Standards)
2,275,381+ Projects registered
565,942+ projects certified (25%)
WHAT DO THEY COVER?

- Health and Wellbeing
- Environment impact
- WELL
  - Biophilia
  - Nutrition
  - Active Design
  - Privacy
- Fitwel
  - HR policy
  - Thermal comfort
  - Light
  - Air Quality
  - Daylight
  - Transport
  - Landscape and ecology
  - Sustainable procurement
  - Water
- BREEAM
  - Energy
  - Acoustics
  - Pollution
  - Waste
  - Embodied carbon

FITWEL BUILDING INSTITUTE™
STANDARDS PROVIDE GUIDANCE FOR UNDER-REPRESENTED BUT IMPORTANT ELEMENTS

Privacy

Nature

Active Design

MAX FORDHAM
FULL CERTIFICATION DEMONSTRATES A COMMITMENT TO EMPLOYEE HEALTH AND WELLBEING
What is BREEAM?

World’s *longest established* and *most widely used* environmental assessment method for *buildings*.

- 565,942+ Certificates
- 2,275,381+ Registered Buildings
- 79 Countries
Ratings

> 85%  Outstanding
≥ 70%  Excellent
≥ 55%  Very Good
≥ 45%  Good
≥ 30%  Pass
< 30%  Unclassified

<Top 1% new non-domestic buildings
Top 10%
Top 25%
Environmental Sections & Weightings

- Management: 11%
- Health & Wellbeing: 14%
- Energy: 16%
- Land Use & Ecology: 13%
- Waste: 6%
- Materials: 15%
- Water: 7%
- Transport: 10%
- Pollution: 8%

Total: 100%
Health and Wellbeing – BREEAM Credits

- Man 4 commissioning & handover
- Pol 2 Local Air Quality
- Tra 2 Sustainable Transport
- Man 5 Aftercare & POE
- Land use and Ecology Section – outdoor biophilia

- Hea 1 Visual Comfort
- Hea 2 Indoor Air Quality
- Hea 4 Thermal Comfort
- Hea 5 Acoustic Performance
- Hea 6 Security
- Hea 7 Safe & healthy Surroundings
CURRENTLY THE DOMINANT WELLBEING STANDARD FOR BUILDINGS
Nearly 1,000 projects have been registered, most of which are offices.
In comparison to BREEAM and LEED very few projects have been certified.
DEIVED BY A US ORGANISATION BASED ON US STANDARDS
Designed for the US context of health insurance being provided by the employer
WELL Standard v.2 addresses 10 areas:

- Air
- Water
- Nourishment
- Light
- Movement
- Thermal Comfort
- Sound
- Materials
- Mind
- Community
All preconditions in every area must be achieved to register any score.

<table>
<thead>
<tr>
<th>Category</th>
<th>Preconditions</th>
<th>Optimizations</th>
</tr>
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<tbody>
<tr>
<td>AIR</td>
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<tr>
<td>WATER</td>
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<td>5</td>
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<tr>
<td>NOURISHMENT</td>
<td>2</td>
<td>11</td>
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<tr>
<td>LIGHT</td>
<td>2</td>
<td>6</td>
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<tr>
<td>MOVEMENT</td>
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<td>10</td>
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<tr>
<td>THERMAL COMFORT</td>
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<td>6</td>
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<tr>
<td>SOUND</td>
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<td>4</td>
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<tr>
<td>MATERIALS</td>
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<tr>
<td>MIND</td>
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<td>13</td>
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<tr>
<td>COMMUNITY</td>
<td>3</td>
<td>13</td>
</tr>
<tr>
<td>INNOVATIONS</td>
<td>0</td>
<td>5</td>
</tr>
</tbody>
</table>
In addition to pre-conditions further points from optimisations are needed for certification

- WELL Certification: 40 points
- WELL Silver Certification: 50 points
- WELL Gold Certification: 60 points
- WELL Platinum Certification: 80 points
It provides useful benchmarks for Biophilic design

- **M02 & M09 – Access to nature**

Projects complete at least two of the following:

a. Outdoor nature access facilitated by the conditions below:
   1. At least 25% of the exterior project site area consists of either landscaped grounds, rooftop gardens or other natural elements open to regular building occupants.
   2. Consists of at least 70% plants or natural elements, including tree canopies (within the 25% specified above).
   3. A narrative that describes how the design of the exterior project site encourages occupant access to nature.

b. Indoor nature access facilitated by the conditions below:
   1. Any combination of indoor plants (e.g., potted plants, plant beds, plant walls) and/or water feature(s) are within a direct line of sight of at least 75% of workstations and seats within conference rooms, lecture halls or classrooms.
   2. All water features (if included), use ultraviolet sanitation or other technology to address water safety.
   3. A narrative that describes how the design of the interior project site and placement of indoor nature encourage occupant access to nature.

c. Nature views (e.g., scenic views or nature scenes) facilitated by the conditions below:
It sets out criteria for addressing privacy

M10 – Focus Support

Seating and spatial layouts

Projects meet the following requirements to ensure that seating and spatial layouts are organized into separate workplace zones and provide differing degrees of sensory engagement:

a. Annotated floor plans establish work zones that support a variety of work functions (e.g., quiet work, collaborative work).

b. Designated quiet zones are provided as enclosable (e.g., small conference rooms, single-occupancy phone booths) or semi-enclosable (e.g., carrels) rooms with no more than three seats per room.

c. Designated collaboration zones are provided as enclosable or semi-enclosable rooms with no less than three seats and, at minimum, one visual vertical surface area for communicating ideas or work.

d. A system is in place for booking or reserving enclosable quiet and collaboration zones.

Personal storage and organization

Storage is provided to minimize clutter and support an organized environment through one or a combination of the following:

a. A workstation cabinet at a minimum volume of 0.1 m³ [4 ft³] for each regular occupant with a permanent, designated workstation.

b. A personal locker at a minimum volume of 0.1 m³ [4 ft³] for each regular occupant without a permanent workstation (e.g., offices with rotating desks or free address policies).
It sets a range of criteria for improving active design

- V03 – Movement network and Circulation

**Staircases**

At least one staircase or other active path between floors (e.g., ramps) is open to regular building occupants, services all floors of the project and is aesthetically designed through the inclusion of at least two of the following per floor:

- a. Music.[22]
- b. Artwork.[22]
- c. Light levels of at least 215 lux [20 fc] when in use.[22,51]
- d. Views of an interior atrium, courtyard or daylight via windows or skylights.[22,51]
- e. Natural design elements (e.g., plants, water features, images of nature).[22]
- f. Gamification.[50]

**Part 2 Integrate Point-of-Decision Signage (Max: 1 Pt)**

*For All Spaces except Dwelling Units:*

Projects implement point-of-decision signage that encourages stair use at each of the following locations within the project boundary (minimum of one sign per location):

- a. Elevator banks or other modes of motorized vertical circulation (e.g., escalators).[22]
- b. Base of stairs/stairwells and re-entry points at each floor.[22]
- c. Junctions in corridors that lead to either a stairwell open to regular building occupants or an elevator bank (or other modes of motorized vertical circulation).[22]
Fitwel – a summary

- Joint venture of Centre for Disease Control and US Govt. Central Services Administration
- Centre for Active Design is licensed operator
- No ‘prerequisites’ for certification
- More flexible than the WELL Standard
- Maximum score of 144 points

Fitwel 1 Star Rating: 90-104 points
Fitwel 2 Star Rating: 105-124 points
Fitwel 3 Star Rating: 125-144 points
Fitwel - a summary

1. LOCATION
2. BUILDING ACCESS
3. OUTDOOR SPACES
4. ENTRANCES & GROUND FLOOR
5. STAIRWELLS
6. INDOOR ENVIRONMENTS
7. WORKSPACES
8. SHARED SPACES
9. WATER SUPPLY
10. FOOD SERVICES
11. VENDING MACHINES + SNACK BARS
12. EMERGENCY PROCEDURES
## Fitwel - example criteria

### 5. STAIRWELLS

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<tr>
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<tbody>
<tr>
<td>5.1</td>
<td>Provide at least one stairwell accessible to regular occupants that connects relevant building floors</td>
<td></td>
<td>4.33</td>
</tr>
<tr>
<td>5.2</td>
<td>Locate an accessible stairwell equally or more visible than any elevators and/or escalators from the main building entrance</td>
<td></td>
<td>4.33</td>
</tr>
<tr>
<td>5.3</td>
<td>Implement active design strategies in stairwell design</td>
<td></td>
<td>3.00</td>
</tr>
<tr>
<td>5.4</td>
<td>Place permanent point-of-decision signs promoting stair use at elevator call areas</td>
<td></td>
<td>1.67</td>
</tr>
<tr>
<td>5.5</td>
<td>Make the accessible stairwell clearly visible with code-compliant glass</td>
<td></td>
<td>2.66</td>
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</table>

### 7. WORKSPACES

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</thead>
<tbody>
<tr>
<td>7.1</td>
<td>Provide natural daylight in a majority of the workplace</td>
<td></td>
<td>2.66</td>
</tr>
<tr>
<td>7.2</td>
<td>Provide views of nature from a majority of workspaces</td>
<td></td>
<td>3.33</td>
</tr>
<tr>
<td>7.3</td>
<td>Provide operable shading in all regularly occupied workplaces</td>
<td></td>
<td>0.33</td>
</tr>
<tr>
<td>7.4</td>
<td>Provide access to sufficient active workstations</td>
<td></td>
<td>1.67</td>
</tr>
</tbody>
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Certification fees

- **BREEAM**: Max £3,700
- **Fitwel**: £6,000
- **WELL**: Can be up to £90,000
- Recertification *every 3 years* for WELL & Fitwel
WHAT WOULD YOU USE FOR YOUR WORKPLACE?

- Or something else?
- Bespoke framework?
Questions & Discussion?
Useful Links

- BREEAM: https://www.breeam.com/
- WELL: https://www.wellcertified.com/
- Fitwel: https://fitwel.org/
THANK YOU
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