

THE WELL BUILDING STANDARD STRATEGIES FROM A CERTIFIED EXPERT



A UNIQUE APPROACH TO THE TEN CONCEPTS OF WELLNESS THROUGH CONSTRUCTION

WHAT IS WELL BUILDING?

The WELL Building Standard is a performance based system that measures the human health and wellbeing of the built living environment. This practice certifies and monitors ten concepts of wellness to ensure safety of the building and those who occupy it. These concepts include: air, water, nourishment, light, movement, thermal control, sound, materials, mind, and community.

WHAT OWNERS SHOULD CONSIDER BEFORE STARTING A WELL PROJECT

Owners should know that once the building has been completed, tracking and continued testing will need to occur each year as well as an annual WELL Building certification. Weitz is here to support and facilitate this process and will help owners understand the requirements for implementation.

There are many aspects of WELL that Weitz already integrates within our processes, such as the precondition Feature #3 Ventilation Effectiveness, Part 3: System Balancing; "After substantial completion and before occupancy, the HVAC system has (within the last five years), or is scheduled to, undergo testing and balancing."

The main precondition features that the Weitz team would be involved in are: #3 Ventilation Effectiveness, #4 VOC Reduction, and #7 Construction Pollution Management.

CONTRIBUTOR :

SHANNON DORAN
Preconstruction Manager

E: shannon.spencer@weitz.com
P: 561.345.5113



WEITZ'S ROLE IN THE WELL PROCESS

Weitz's in-house MEP experts and individuals like Shannon Doran, work alongside project teams to promote the WELL processes. Of the hundreds of features for new and existing buildings you can achieve, the contractor plays a role in three of the precondition features and six of the optimizations features. While these features may seem small on their own, together the impact is great.



WELL BUILDING VOCABULARY TO KNOW

✓ CONCEPTS

The WELL Building Standard is organized into ten categories of wellness called Concepts: Air, Water, Nourishment, Light, Movement, Thermal Control, Sound, Materials, Mind, and Community.

✓ OPTIMIZATION

Optimizations are not required to achieve Silver level certification, but create a flexible pathway towards Gold and Platinum level certification. These features include optional technologies, strategies, protocols and designs. IWBI recommends that all projects strive to achieve as many Optimizations as possible.

✓ PRECONDITIONS

Some WELL features are categorized as Preconditions—necessary for all levels of WELL Certification. These features represent the core of the WELL Building Standard. Preconditions can be thought of as the foundation for wellness in the built environment. For certification to be awarded, all applicable preconditions must be met.

✓ FEATURES

The seven concepts are comprised of 105 features. Every feature is intended to address specific aspects of occupant health, comfort or knowledge. Each feature is divided into parts, which are often tailored to a specific building type. This means that depending on the building type (e.g., New and Existing Interiors or Core and Shell), only certain parts of a given feature may be applicable.

WHY SHANNON BECAME WELL CERTIFIED

"Becoming International WELL Building Institute (IWBI) Certified appealed to me because of the impact it would have on the clients I serve in my role as a Preconstruction Manager at The Weitz Company. Going through the process was very eye-opening. Thanks to the WELL Certification process, I am better prepared to help our clients create healthier environments for their end-users.

One of the areas that caught my attention and had me interested in WELL the most was how to create healthier work and living environments. For example, many of us sit for long periods of time during the work day. An excerpt from the Fitness Feature #71: Active Furnishings of the WELL Building Institute Guidebook; "Most individuals spend the majority of their time indoors in a seated position. Prolonged sitting is associated with several adverse health conditions, including increased cancer risk, weight gain, and more significant fatigue and back discomfort." In addition, sitting burns 50 fewer calories per hour than standing, and sitting for more than three hours per day is associated with a two-year lower life expectancy. Unfortunately, regular exercise does not negate the health consequences of long periods of sitting. Therefore, creating opportunities that mitigate prolonged sitting while sustaining work productivity is essential to reduce sitting time during the workday.

This fact above has made me look internally at the setup I have as I work from home and consider I can implement WELL into our projects."

Shannon Doran / shannon.spencer@weitz.com

IWBI'S TEN CONCEPTS OF WELLNESS



AIR



WATER



NOURISHMENT



LIGHT



MOVEMENT



THERMAL CONTROL



SOUND



MATERIALS



MIND



COMMUNITY

HOW TO BECOME WELL CERTIFIED

The WELL AP credential is awarded when you pass the WELL AP exam. Candidates must be at least 18 years of age to be eligible to sit the exam. There are no other prerequisites, although prior WELL project experience or exposure to the WELL Building Standard is highly recommended. // Source: IWBI

ABOUT THE WEITZ COMPANY

Founded in 1855, The Weitz Company is a full-service construction company, general contractor, design builder and construction manager that serves all 50 U.S. states. Weitz is one of the oldest general contractors in the United States and an industry leader in lean construction; sustainable building; LEED certifications; and virtual design and construction.

We understand that continuous evaluation and monitoring of all areas of focus is crucial to the certification process. Utilizing the scorecard checklist, set with health and wellness goals, our team will constantly track certification efforts similar to our process set to achieve LEED certification on any of our projects. From the early planning stages, the Weitz team will identify areas that may cause an impact the health or wellness of building occupants and create opportunities for health promotion. The Weitz Company is ready to assist your project and is committed to achieving WELL Building certification for your project.

