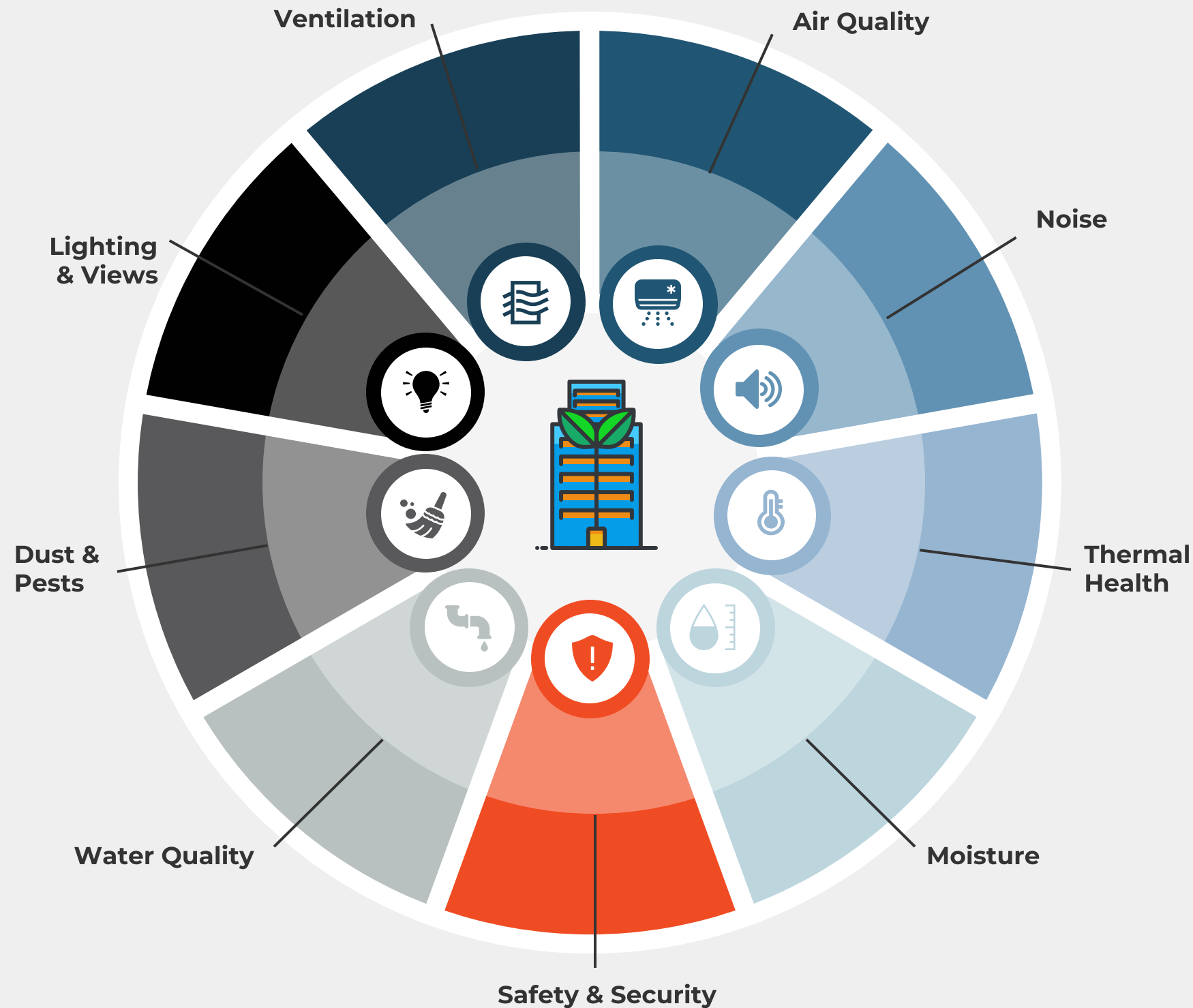


9 FOUNDATIONS OF A HEALTHY BUILDING



● Ventilation

Meet or exceed local outdoor air ventilation rate guidelines to control indoor sources of odors, chemicals and carbon dioxide.

● Air Quality

Choose supplies, office supplies, furnishings and building materials with low chemical emissions to limit sources of volatile and semi-volatile organic compounds.

● Noise

Protect against outdoor noises such as traffic, aircraft and construction. Control indoor sources of noise such as mechanical equipment, office equipment and machinery.

● Thermal Health

Meet minimum thermal comfort standards for temperature and humidity and keep thermal conditions consistent throughout the day. Provide individual level thermal control, where possible.

● Moisture

Conduct regular inspections of roofing, plumbing, ceilings and HVAC/R equipment to identify sources of moisture and potential condensation spots.

● Safety & Security

Meet fire safety and carbon monoxide monitoring standards. Provide adequate lighting in common areas, stairwells, emergency egress points, parking lots and building entryways.

● Water Quality

Meet the Canadian National Drinking Water Standards at point-of-use. Test water quality regularly. Install water purification system for removal of contaminants.

● Dust & Pests

Use high efficiency filter vacuums and clean surfaces regularly to limit dust and dirt accumulation. Develop an integrated pest management plan.

● Lighting & Views

During the day provide as much daylighting and/or high intensity blue-enriched lighting (480nm) as possible while maintaining visual comfort and avoiding glare. Get regular light breaks outside.