

# **WORKPLACE ENVIRONMENTAL QUALITY:**

Looking at the Workplace through a WELL lens



**air**



**water**



**nourishment**



**light**



**fitness**



**comfort**



**mind**

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# air

No-Smoking policy

No-Idling policy

Ventilation

Allergen-free

Low to No-VOC materials

Air quality testing

# water

Access to clean, filtered water

Water consumption reminders

Water quality testing



# nourishment

Low sugar snacks and drinks

Access to healthy snack options

Plate and bowl size limitations

Nutritional education programs

# light

Access to natural light

Access to natural, lighted views

Task lighting for areas designated for concentrated work

Anti-glare considerations

Circadian rhythm support



# fitness

Promotion of physical activity

Fitness centric programs

Alternate work environments

# comfort



Thermal comfort

Acoustical comfort

Ergonomics

Adaptable spaces





# mind

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Biophilia

Beauty in design

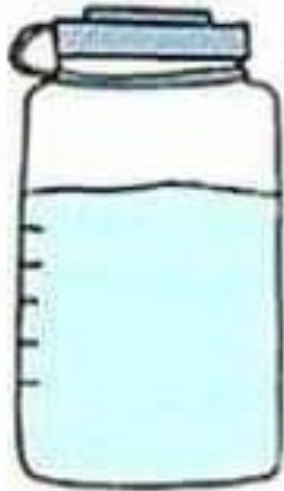
Employee assistance programs

Adaptable spaces

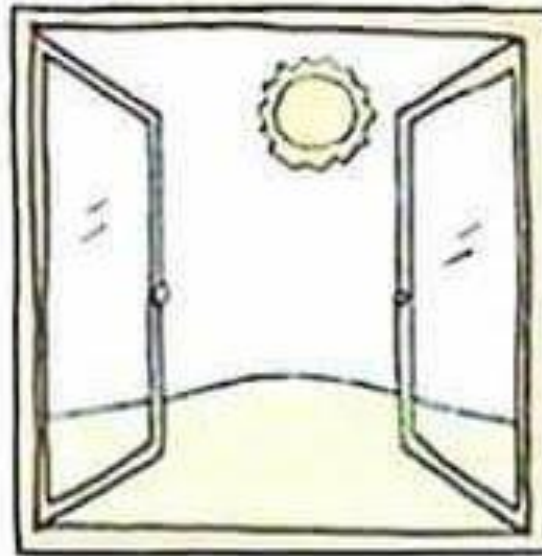
Altruism

# DON'T FORGET

DRINK WATER.



GET SUNLIGHT.



YOU'RE  
BASICALLY A  
HOUSE PLANT  
WITH MORE  
COMPLICATED  
EMOTIONS.



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