

CHRISTNER

CHAMPION INNOVATION PROJECT: WELL BUILDING STANDARD AT CHRISTNER



QUALITATIVE ELEMENTS

Christner evaluated the WELL Building Standard and chose initiatives under the categories of Air, Water, Nourishment, Light, Fitness, Comfort, and Mind to implement in our office, directly impacting the health and wellness of 65 on-site staff members.

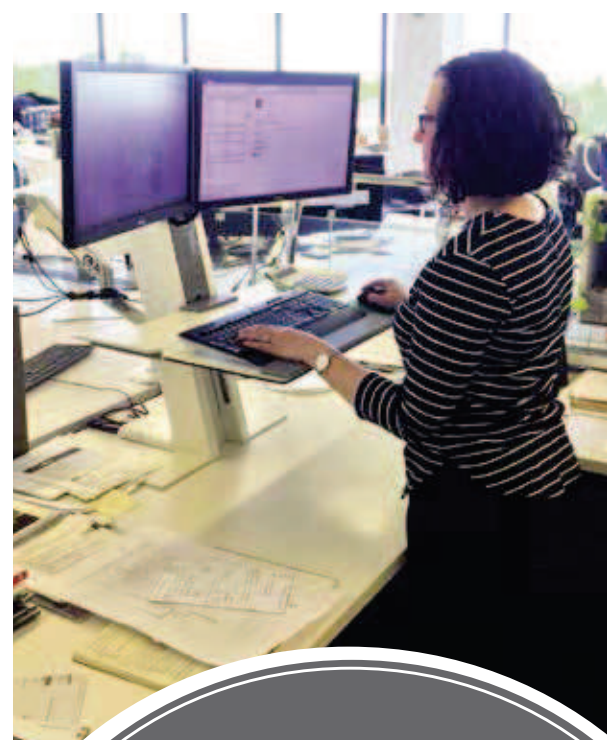
Replaced existing plastic dining plates with tempered glass plates to eliminate plastics from our kitchen and reduce use of disposable products. Group lunches encourage staff to eat away from their desks and promote more mindful eating habits.

Priced commercial solar shades as an alternative to existing, outdated mini blinds. New shades were chosen for ease of operation, visual transparency, glare control, and energy savings.

Installed signs at all internal staircases to promote stair use by tracking number of steps and calories expended.

Implemented a sit-to-stand desk option to promote healthy movement between sitting and standing throughout the workday.

Issued an Indoor Environmental Quality Survey to all employees for our office space. Completed surveys are being used to prioritize office improvements moving forward.



MEASURABLE ELEMENTS

Air tests have been performed and we are awaiting laboratory results on total dust, mold spores, dander, carcinogenic fibers, pollen, and bacteria.

Water that was tested at 5 service points tested negative or within recommended levels for lead, pesticides, chlorine, nitrates, nitrites, and bacteria. Tests showed that our water is hard and alkaline, but not unhealthy.

Cleaning products and pesticides used in our office were reviewed based on Green Seal Certification, Environmental Working Group (EWG) rating, or MSDS statements. Many current products in use were found to be unhealthy. Healthier alternatives have been identified, and Christner is working with building management to implement use of safer alternatives identified by Green Seal and EWG.

At Christner we are continually in discussions with clients about how to apply sustainable thinking to their facilities.

Through all seven of the program's years, the Green Business Challenge has provided the motivation and framework for our firm to re-examine internal green practices and challenge ourselves to expand our goals and reduce our footprint.

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Christner

St. Louis Green Business Challenge – 2016 Champion Innovation Project WELL Building Standard: Using Our Office as a Learning Lab

Project Description

Christner evaluated the WELL Building Standard and chose initiatives under the categories of Air, Water, Nourishment, Light, Fitness, Comfort, and Mind to implement in our office.

Project Location

Our offices in Clayton, MO

Project Time Frame

August-October 2016

Who or what does this project impact?

Our project directly impacts the health and wellness of Christner's 65 on-site staff members through the built environment that they occupy and the lifestyle choices they make.

How does this project advance sustainability within your company's day-to-day operations?

The WELL Building Standard promotes sustainability by including both quantifiable measures and evidence-based health and wellness interventions. The bulk of the project focuses on health and wellness initiatives that create a healthier work environment without asking a lot from the users. For example, better cleaning products and pesticides improve the indoor air quality and reusable glass plates reduce use of disposables and are healthier than plastic, and neither requires our staff to change their habits. Other initiatives, like encouraging stair use and sit-to-stand desks, provide healthier options for our staff for those who are interested.

How does this project advance sustainability within your company culture?

The indoor environmental quality survey prompts staff to think about their office environment and engages them in prioritization of initiatives. The forthcoming summary report will raise awareness of completed initiatives and hopefully elicit greater involvement in both current and forthcoming initiatives. As with all of our work with the Green Business Challenge over the past six years, the WELL Building Standard initiatives are incremental and will build over time with the support and interest of our staff.

How does this project advance sustainability in the mix of your services to clients?

This project advances our knowledge and understanding of the WELL Building Standard, allowing us to be better informed when discussing the various sustainability metrics available for use in evaluating client projects.

What cost(s) are associated with this project?

To date, the various initiatives have cost \$3,700, with the bulk of the investment in sit-to-stand employee desks.

What kinds of savings are generated?

No measurable savings have, as yet, been generated by these initiatives.

What are your company's next steps for this project?

Moving forward, the WELL team will issue a summary report/newsletter to all Christner employees before Dec 1, 2016, with all of the above listed initiatives and analyzed findings. We will be working with building management and Christner management to remediate any hazardous findings and to continue exploring ways that WELL can inspire healthy changes in our office.